<table>
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<tr>
<th>TIMEPOINT*</th>
<th>ENROLMENT</th>
<th>ALLOCATION</th>
<th>POST-ALLOCATION</th>
<th>CLOSE-OUT</th>
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</tbody>
</table>

**ENROLMENT:**
- Eligibility screen: X
- Informed consent: X
- Blood test and X-ray: X
- Allocation: X

**INTERVENTIONS:**
- MZRW+placebo Senna: 
- Senna+placebo MZRW: 
- Placebo MZRW+Placebo Senna: 

**ASSESSMENTS:**
- Bristol stool scale: X X X X X
- TCM questionnaire: X X
- Self-scoring of constipation symptoms: X X X

*According to SPIRIT 2013 Statement: Defining Standard Protocol Items for Clinical Trials