Recruitment
Women recruited by poster and website ads.

Inclusion criteria
Exclusion criteria
Obtain informed consent

Screening

Baseline (2 weeks)
1. Patient characteristics
2. Past history
3. BPI-SF
4. WOMAC
5. M-SACRAH
6. FACT-B
7. BMD
8. Safety assessment

Eligible Participants

Randomization
(N = 84)

Block randomization

TCM group
(N = 42)
YSJG granules
(12.4 g, orally, twice daily)

Placebo group
(N = 42)
Placebo granules
(12.4 g, orally, twice daily)

Treatment period 1
4 weeks

AIMSS assessment:
1. BPI-SF
2. WOMAC
3. M-SACRAH
4. FACT-B
5. BMD (the 12nd week only)
6. Safety and compliance assessments

Treatment period 2
4 weeks

AIMSS assessment:
1. BPI-SF
2. WOMAC
3. M-SACRAH
4. FACT-B

Treatment period 3
4 weeks

Follow-up
12 weeks