All undergraduate Nursing students at The Hong Kong Polytechnic University (N=2,000)

Excluded (n=1570) from the study:
- Refused or not interested in study participation (n=113)
- Not eligible such as without any symptoms of AR (n=1457)

Not eligible, e.g., co-morbidity of other illness or not with Cold and Qi-Yang-Deficiency Body Constitution (BC) pattern (n=68)

Assessed for eligibility by CMP (n=317)

Subject (n=249) with written consent
Conducted pre-test (Time 1) and collected data on BC, QOL, AR severity, and demographics; and comprehensive health assessment
Subject allocated into three study groups by stratified randomization in terms of gender and AR severity by the clinic nurse

Allocated to a 4-week Cure-Allergic Rhinitis Syrup (n=83)
Allocated to a 4-week Yu-ping-fung San (n=83)
Allocated to a 4-week Placebo group (n=83)

Conducted an Interim assessment (end of the 2nd week)
Performed Chinese medicinal assessment for adverse effects and comprehensive health assessment
Dropouts from the study (n=9; CS=2, YS=3, Placebo=4)

Conducted the 1st post-test (Time 2) immediately after the intervention (at the end of the 4th week) on study outcomes, including BC, QOL, AR severity, and usage of current Western medicine
Performed comprehensive health assessment

Conducted the 2nd post-test (Time 3) at 1 month after the intervention on outcomes similar to Time 2
Performed comprehensive health assessment

Conducted the 3rd post-test (Time 4) at 3 months after the intervention on outcomes similar to Time 2
Performed comprehensive health assessment

Included in data analysis (n=81)
Completed follow-up (n=80)
Declined F/U at post-tests 2 and 3 (n=1) due to loss to contact

Included in data analysis (n=80)
Completed follow-up (n=79)
Declined F/U at post-tests 2 and 3 (n=1) due to loss to contact

Included in data analysis (n=79)
Completed follow-up (n=79)
Declined F/U (n=0)