Figure S1 Study flow chart

1. Recruiting
2. Eligibility
   - Eligible participants included
   - Ineligible participants excluded
3. Baseline assessment
4. Informed consent obtained
5. Randomization (n=120)
6. XFZY capsule group (n=60)
   - XFZYC simulated agents group (n=60)
7. 7 weeks treatment
8. Data collection
9. Trial completed and Data analysis