

**Supplementary Table 1. The composition of herbal formula**

Herbs	Boil-free granules weight (g/day) <sup>a</sup>
<i>Atractylodes Macrocephala</i>	15
<i>Tangerine Peel</i>	15
<i>Coptis Chinensis</i>	15
<i>Coke Malt</i>	15
<i>Medicated Leaven(stir-fried)</i>	15
<i>Nawthorn Fruit(charred)</i>	15

<sup>a</sup> Each herb was processed into boil-free granules and packed into individual bags.