**Supplement 1.** Compositions and dosages of TCM granules

| **Recipes/herbs** | **Latin names** | **Dosages (g)** |
| --- | --- | --- |
| **TCM Recipe 1** |  |  |
| Huang Qi | Astragall Radix | 40 |
|  Bei Sha Shen | Glehniae Radix | 20 |
|  Mai Dong | Ophiopogonis Radix | 15 |
|  Bai He | Lilii Bulbus | 15 |
|  Xuan Shen | Scrophulariae Radix | 15 |
|  Zhe Bei Mu | Fritillariae Thunbergii Bulbus | 15 |
|  Ku Xing Ren | Armeniacae Semen Amarum | 10 |
|  Ban Zhi Lian | Scutellariae Barbatae Herba | 20 |
|  Bai Hua She She Cao | Hedyotis Diffusa | 20 |
| **TCM Recipe 2** |  |  |
|  Huang Qi | Astragall Radix | 40 |
|  Dang Shen | Codonopsis Radix | 15 |
|  Bai Zhu | Atractylodis Macrocephalae Rhizoma | 15 |
|  Fu Ling | Poria | 15 |
|  Qing Ban Xia | Pinelliae Rhizoma Praeparatum cum Alumine | 10 |
|  Chen Pi | Citri Reticulatae Pericarpium | 15 |
|  Jie Geng | Platycodonis Radix | 15 |
|  Yi Yi Ren | Coicis Semen | 30 |
|  Zhe Bei Mu | Fritillariae Thunbergii Bulbus | 15 |
|  Ku Xing Ren | Armeniacae Semen Amarum | 10 |
| **TCM Recipe 3** |  |  |
|  Mai Dong | Ophiopogonis Radix | 15 |
|  Di Huang | Rehmanniae Radix | 20 |
|  Mu Dan Pi | Moutan Cortex | 15 |
|  Shan Zhu Yu | Corni Fructus | 10 |
|  Wu Wei Zi | Schisandrae Chinensis Fructus | 10 |
|  Zhi Mu | Anemarrhenae Rhizoma | 15 |
|  Zhe Bei Mu | Fritillariae Thunbergii Bulbus | 15 |
| Gua Lou | Trichosanthis Fructus | 20 |
|  Xia Ku Cao | Prunellae Spica | 15 |
| **TCM Recipe 4** |  |  |
|  Dang Gui | Angelicae Sinensis Radix | 15 |
|  Chi Shao | Paeoniaeradix Rubra | 15 |
|  Xian He Cao | Agrimoniae Herba | 15 |
|  Yi Yi Ren | Coicis Semen | 15 |
|  Xia Ku Cao | Prunellae Spica | 15 |
|  Yan Hu Suo | Corydalis Rhizoma | 20 |
|  Zhi Qiao | Aurantii Fructus | 12 |
|  Zhe Bei Mu | Fritillariae Thunbergii Bulbus | 15 |
|  E Zhu | Curcumae Rhizoma | 10 |
| **TCM Recipe 5** |  |  |
|  Chen Pi | Citri Reticulatae Pericarpium | 15 |
|  Qing Ban Xia | Pinelliae Rhizoma Praeparatum cum Alumine | 10 |
|  Fu Ling | Poria | 15 |
|  Bai Zhu | Atractylodis Macrocephalae Rhizoma | 15 |
|  Dang Shen | Codonopsis Radix | 15 |
|  Yi Yi Ren | Coicis Semen | 30 |
|  Ku Xing Ren | Armeniacae Semen Amarum | 10 |
|  Gua Lou | Trichosanthis Fructus | 20 |
|  Huang Qin | Scutellariae Radix | 15 |
|  Lu Gen | Phragmitis Rhizoma | 20 |
|  Lian Qiao | Forsythiae Fructus | 15 |
|  Yu Xing Cao | Houttuyniae Herba | 20 |
|  Ban Zhi Lian | Scutellariae Barbatae Herba | 20 |
|  Bai Hua She She Cao | Hedyotis Diffusa | 20 |
| **TCM Recipe 6** |  |  |
|  Feng Fang | Vespaenidus | 5 |
|  Quan Xie | Scorpio | 5 |
|  Tu Bie Chong | Eupolyphaga Steleophaga | 6 |
|  Xia Ku Cao | Prunellae Spica | 15 |
|  Mao Zhao Cao | Ranunculi Ternati Radix | 20 |
|  Gui Jian Yu | Euonymus Alatus | 15 |
|  Ban Zhi Lian | Scutellariae Barbatae Herba | 30 |
|  Bai Hua She She Cao | Hedyotis Diffusa | 30 |
|  Dang Shen | Codonopsis Radix | 15 |
|  Bai Zhu | Atractylodis Macrocephalae Rhizoma | 15 |
|  Fu Ling | Poria | 15 |
|  Huang Qi | Astragall Radix | 50 |