



**CONSORT Diagram**

**CONSORT Flow Diagram (Final)**

Enrollment:

Assessed for eligibility (n = 73)

Recruitment period: 24-05-2023 to 17-07-2023

Excluded (n = 13):

Not meeting inclusion criteria (n = 4)

Declined to participate (n = 7)

Other reasons (n = 2)

Randomized (n = 60)

Allocation (Baseline Assessment – 18-07-2023):

Control Group (n = 15):

Received lipid-lowering drug (Atorvastatin 10 mg HS) (n = 15)

Intervention Groups (n = 45):

Withania somnifera (500 mg BD) (n = 15)

Syzygium cumini (500 mg BD) (n = 15)

Combination of WS + SC (1000 mg QD) (n = 15)

Follow-Up:

6th Week Assessment (29-08-2023)

Discontinued intervention due to non-compliance (n = 1)

Lost to follow-up (n = 2)

Discontinued due to lack of response (n = 3)

12th Week Assessment (10-10-2023)

Analysis:

Analyzed (n = 40)

Excluded from analysis (n = 5):

- Due to non-compliance and lack of response

Trial Duration:

Start Date: 24-05-2023

End Date: 10-10-2023