**Fig 1**

**CONSORT Flow Diagram**

## Enrollment

## Allocation

Randomized (n=64)

Excluded (n= 21)

  Not meeting inclusion criteria (n=11 )

  Declined to participate (n=6 )

  Other reasons (n=4 )

Assessed for eligibility (n=85)

Allocated to intervention (n=31)

 Received allocated intervention (n=30 )

 Did not receive allocated intervention (give reasons) (n= 1)

1. The tendency to receive other drugs due to non-alcoholic fatty liver

## Follow-Up

Lost to follow-up (give reasons) (n=30)

Discontinued intervention (give reasons) (n= 0)

Lost to follow-up (give reasons) (n=30)

Discontinued intervention (give reasons) (n=0)

## Analysis

Analysed (n=30)
 Excluded from analysis (give reasons) (n=0)

Analysed (n=30)
 Excluded from analysis (give reasons) (n=0)

Allocated to intervention (n= 33)

 Received allocated intervention (n= 30 )

 Did not receive allocated intervention (give reasons) (n= 3 )

1-Hospitalization for car accident (n= 1)

2- The tendency to use supplementary and herbal medicines outside the protocol (n=2)