

## Supplemental Information

**Supplement Table 1. IIEF, uroflowmetry, and post voiding residual urine before and after 8 weeks of treatment with VGH-BPH1 or the placebo**

|                           | VGH-BPH1<br>(n=23) |          | Placebo<br>(n=23) |          | <i>p</i> |
|---------------------------|--------------------|----------|-------------------|----------|----------|
|                           | Mean (SD)          | <i>p</i> | Mean (SD)         | <i>p</i> |          |
| <b>IIEF total score*</b>  |                    |          |                   |          |          |
| Baseline                  | 14.53 (4.54)       | 0.229    | 14.29 (4.28)      | 0.761    | 0.134    |
| After treatment           | 13.53 (4.42)       |          | 14.47 (4.46)      |          |          |
| <b>Uroflowmetry</b>       |                    |          |                   |          |          |
| <b>Voided Volume (mL)</b> |                    |          |                   |          |          |
| Baseline                  | 238.13 (105.46)    | 0.892    | 222.04 (103.86)   | 0.874    | 0.275    |
| After treatment           | 240.39 (105.89)    |          | 217.65 (118.91)   |          |          |
| <b>Flow time (s)</b>      |                    |          |                   |          |          |
| Baseline                  | 39.10 (19.69)      | 0.576    | 44.82 (27.08)     | 0.359    | 0.863    |
| After treatment           | 41.37 (20.23)      |          | 40.59 (19.72)     |          |          |
| <b>Void time (s)</b>      |                    |          |                   |          |          |
| Baseline                  | 45.23 (21.84)      | 0.707    | 53.65 (32.46)     | 0.151    | 0.829    |
| After treatment           | 46.83 (21.41)      |          | 45.82 (22.81)     |          |          |
| <b>Qmean (mL/s)</b>       |                    |          |                   |          |          |
| Baseline                  | 7.09 (3.93)        | 0.706    | 5.89 (3.65)       | 0.499    | 0.335    |
| After treatment           | 6.93 (3.95)        |          | 6.32 (3.94)       |          |          |
| <b>Qmax (mL/s)</b>        |                    |          |                   |          |          |
| Baseline                  | 15.68 (7.90)       | 0.975    | 14.01 (8.23)      | 0.796    | 0.313    |
| After treatment           | 15.65 (8.55)       |          | 14.36 (7.91)      |          |          |
| <b>TQmax (s)</b>          |                    |          |                   |          |          |
| Baseline                  | 8.80 (7.80)        | 0.682    | 10.01 (11.17)     | 0.433    | 0.478    |
| After treatment           | 9.34 (5.02)        |          | 8.39 (4.80)       |          |          |
| <b>PVR (mL)</b>           |                    |          |                   |          |          |
| Baseline                  | 67.39 (103.13)     | 0.876    | 57.22 (67.86)     | 0.562    | 0.978    |
| After treatment           | 64.83 (62.23)      |          | 65.17 (72.11)     |          |          |

IIEF = International Index of Erectile Function; PVR = Post-void residual urine volume; SD = standard deviation

\*n=17

**Supplement Table 2. CCMQ before and after 8 weeks of treatment with VGH-BPH1 or the placebo**

|                          | VGH-BPH1 (n=23) | Placebo (n=23) |
|--------------------------|-----------------|----------------|
|                          | n (%)           | n (%)          |
| <b>Gentleness</b>        |                 |                |
| Baseline                 | 10 (43.48)      | 10 (43.48)     |
| After treatment          | 11 (47.83)      | 11 (47.83)     |
| <b>Yang deficiency</b>   |                 |                |
| Baseline                 | 2 (8.69)        | 4 (17.39)      |
| After treatment          | 3 (13.04)       | 2 (8.69)       |
| <b>Yin deficiency</b>    |                 |                |
| Baseline                 | 4 (17.39)       | 4 (17.39)      |
| After treatment          | 2 (8.69)        | 3 (13.04)      |
| <b>Qi deficiency</b>     |                 |                |
| Baseline                 | 8 (34.78)       | 5 (21.74)      |
| After treatment          | 3 (13.04)       | 4 (17.39)      |
| <b>Phlegm Dampness</b>   |                 |                |
| Baseline                 | 5 (21.74)       | 3 (13.04)      |
| After treatment          | 2 (8.69)        | 4 (17.39)      |
| <b>Dampness Heat</b>     |                 |                |
| Baseline                 | 2 (8.69)        | 2 (8.69)       |
| After treatment          | 1 (4.35)        | 1 (4.35)       |
| <b>Blood stasis</b>      |                 |                |
| Baseline                 | 1 (4.35)        | 2 (8.69)       |
| After treatment          | 1 (4.35)        | 2 (8.69)       |
| <b>Special diathesis</b> |                 |                |
| Baseline                 | 4 (17.39)       | 3 (13.04)      |
| After treatment          | 2 (8.69)        | 3 (13.04)      |
| <b>Qi depression</b>     |                 |                |
| Baseline                 | 2 (8.69)        | 1 (8.69)       |
| After treatment          | 1 (4.35)        | 1 (4.35)       |
| <b>None</b>              |                 |                |
| Baseline                 | 1 (4.35)        | 5 (21.74)      |
| After treatment          | 7 (30.43)       | 3 (13.04)      |

McNemar's test was used to assessed the change in TCM body constitution. No significant changes were found when compared two groups ( $p > 0.05$ )