

Table S1 Inclusion and exclusion criteria.

Inclusion Criteria	Exclusion criteria
1) Aged 65 years old or above	1) Having serious mental and behavioral disorders, neurological disorders such as dementia etc., and serious diseases with undesirable conditions and other conditions that were unable to complete the intake of MJWB, the trial-related records, questionnaires and blood withdrawal
2) HK residents capable of consenting and had agreed to participate	2) Allergic to Chinese Herbal Medicine ^a
3) Met the assessment criteria of Qi-deficiency Constitution in TCMECQ-C at screening	3) Taking Chinese Herbal Medicine or drugs to manage their health problems within two weeks prior to the start of the trial and could not stop the treatment during the study
4) The number of the incidence of the common cold ≥ 1 times/year	4) Had an abnormal liver and renal function in blood test after allocation ^b
5) Able to complete the intake of MJWB and the trial-related records, questionnaires and blood withdrawal	

Note: HK: Hong Kong. TCMECQ-C: The Traditional Chinese Medicine Body Constitution Questionnaire (For Elderly People) (Cantonese version) (Final Version). MJWB: The modified Jade Wind-Barrier formula. ^a Allergic to Chinese Herbal Medicine (Zhi Huangqi, Fangfeng, Baizhu, Heye, Juhua). ^b Blood tests were done based on the set protocol to confirm the eligible participants in the MJWB arm. Blood tests had not been done for the participants in the control arm.

Table S2 Prevalence of baseline pre-existing comorbidities.

Chronic Diseases	MJWB arm (n = 98)	Control arm (n = 100)
1 Diabetes	12 (12.2)	15 (15.0)
2 Hypertension	44 (44.9)	52 (52.0)
3 Hyperlipidemia	46 (46.9)	44 (44.0)
4 Cardiovascular Diseases	21 (21.4)	13 (13.0)
5 Stroke	2 (2.0)	7 (7.0)
6 Rhinitis	42 (42.9)	40 (40.0)
7 Asthma	10 (10.2)	7 (7.0)
8 Chronic Obstructive Pulmonary Diseases	1 (1.0)	2 (2.0)
9 Skin Diseases: Ezema	18 (18.4)	21 (21.0)
10 Skin Diseases: Urticaria	13 (13.3)	3 (3.0)
11 Skin Diseases: Psoriasis	0 (0.0)	0 (0.0)

12	Skin Diseases: Neurodermatitis	1 (1.0)	0 (0.0)
13	Skin Diseases: Others	15 (15.3)	17 (17.0)
13.1	Herpes Zoster	5 (5.1)	2 (2.0)
13.2	Skin Allergies	3 (3.1)	3 (3.0)
13.3	Athlete's Foot	4 (4.1)	3 (3.0)
13.4	Onychomycosis	2 (2.0)	1 (1.0)
13.5	Warts	1 (1.0)	3 (3.0)
13.6	Itchy Skin	2 (2.0)	0 (0.0)
13.7	Contact Dermatitis	1 (1.0)	2 (2.0)
13.8	Tinea Versicolor	1 (1.0)	0 (0.0)
13.9	Tinea Corporis	1 (1.0)	0 (0.0)
13.10	Exanthema/Exanthema caused by Immune System	0 (0.0)	2 (2.0)
13.11	Subcutaneous Capillary Blood Vessel Proliferation	0 (0.0)	1 (1.0)
14	Autoimmune Diseases: Rheumatoid Arthritis	3 (3.1)	0 (0.0)
15	Autoimmune Diseases: Systemic Lupus Erythematosus	0 (0.0)	1 (1.0)
16	Autoimmune Diseases: Others	2 (2.0)	3 (3.0)
16.1	Dermatomyositis	2 (2.0)	1 (1.0)
16.2	Antiphospholipid Syndrome	0 (0.0)	1 (1.0)
16.3	Sjogren's Syndrome	0 (0.0)	1 (1.0)
17	Mental and Behavioral Disorders: Depressive Disorders	11 (11.2)	12 (12.0)
18	Mental and Behavioral Disorders: Anxiety Disorders	11 (11.2)	8 (8.0)
19	Mental and Behavioral Disorders: Obsessive Compulsive Disorder	0 (0.0)	1 (1.0)
20	Mental and Behavioral Disorders: Others	0 (0.0)	0 (0.0)
21	Cancers	5 (5.1)	4 (4.0)
21.1	Prostate Cancer	1 (1.0)	0 (0.0)
21.2	Lung Cancer	1 (1.0)	0 (0.0)
21.3	Lung Adenocarcinoma	1 (1.0)	0 (0.0)
21.4	Left Breast Cancer/Hormonal Therapy-treated Cancer (No Specific Name)	1 (1.0)	2 (2.0)
21.5	Lymphoma	0 (0.0)	1 (1.0)
21.6	Colorectal Cancer	0 (0.0)	1 (1.0)
21.7	Cancer (No Specific Cancer Name)	1 (1.0)	1 (1.0)
22	Nephritis and Nephritic Syndrome	1 (1.0)	5 (5.0)
22.1	Nephritis and Nephritic Syndrome/No Specific Syndrome Name	0 (0.0)	1 (1.0)

	Proteinuria/Losartan Potassium-treated Nephritis and Nephritic Syndrome (No Specific Syndrome Name)	1 (1.0)	2 (2.0)
22.2			
22.3	Hydronephrosis	0 (0.0)	1 (1.0)
22.4	Renal Tuberculosis	0 (0.0)	1 (1.0)
23	Other Diseases	59 (60.2)	36 (36.0)
23.1	Tinnitus and Deafness	2 (2.0)	0 (0.0)
23.2	Ménière's Disease	1 (1.0)	1 (1.0)
23.3	Rhinosinusitis	0 (0.0)	1 (1.0)
23.4	Chronic Nasopharyngitis	1 (1.0)	0 (0.0)
23.5	Pharyngitis	0 (0.0)	1 (1.0)
23.6	Chronic Pharyngitis	2 (2.0)	0 (0.0)
23.7	Chronic Stomatitis	1 (1.0)	0 (0.0)
23.8	Hyperreactive Airway Disease	0 (0.0)	1 (1.0)
23.9	Odor Allergy	1 (1.0)	0 (0.0)
23.10	Bronchiectasis	1 (1.0)	2 (2.0)
23.11	Bronchitis	1 (1.0)	0 (0.0)
23.12	Sleep Apnea	2 (2.0)	1 (1.0)
23.13	Cataract	3 (3.1)	1 (1.0)
23.14	Acute Glaucoma	0 (0.0)	1 (1.0)
23.15	Glaucoma	0 (0.0)	2 (2.0)
23.16	Age-related Macular Degeneration	1 (1.0)	2 (2.0)
23.17	Retinal Detachment	1 (1.0)	0 (0.0)
23.18	Migraine	1 (1.0)	0 (0.0)
23.19	Tachycardia	0 (0.0)	1 (1.0)
23.20	Decrease in Lung Function	0 (0.0)	2 (2.0)
23.21	Pulmonary Arterial Hypertension	0 (0.0)	1 (1.0)
23.22	Lung Calcifications	1 (1.0)	0 (0.0)
23.23	Pulmonary Fibrosis	0 (0.0)	1 (1.0)
23.24	Tuberculosis	1 (1.0)	0 (0.0)
23.25	Bloating	2 (2.0)	1 (1.0)
23.26	Hyperacidity	1 (1.0)	0 (0.0)
23.27	Gastroesophageal Reflux Disease	3 (3.1)	2 (2.0)
23.28	Gastritis	0 (0.0)	1 (1.0)
23.29	Chronic Gastritis	1 (1.0)	1 (1.0)
23.30	Gastrointestinal Polyps	1 (1.0)	0 (0.0)
23.31	Intestinal Metaplasia	1 (1.0)	1 (1.0)
23.32	Diverticulitis (a small amount of blood is discharged occasionally in the stool)	0 (0.0)	1 (1.0)
23.33	Poor liver function	1 (1.0)	0 (0.0)
23.34	Elevated Liver Enzymes	0 (0.0)	1 (1.0)
23.35	Hepatitis B	2 (2.0)	4 (4.0)
23.36	Fatty Liver Disease	2 (2.0)	1 (1.0)

23.37	Hepatic Hemangioma	1 (1.0)	0 (0.0)
23.38	Gallstones	3 (3.1)	0 (0.0)
23.39	Proteinuria	1 (1.0)	0 (0.0)
23.40	Overactive Bladder	1 (1.0)	0 (0.0)
23.41	Dull Kidney Pain	0 (0.0)	1 (1.0)
23.42	Renal Cyst	1 (1.0)	0 (0.0)
23.43	Benign Prostate Hyperplasia	10 (10.2)	3 (3.0)
23.44	Frequent Urination	1 (1.0)	0 (0.0)
23.45	Blood in urine (not visible to the naked eye)	1 (1.0)	0 (0.0)
23.46	Constipation	3 (3.1)	0 (0.0)
23.47	Hemorrhoids (Both Internal and External Hemorrhoids, mainly Internal Hemorrhoids)	0 (0.0)	1 (1.0)
23.48	Epilepsy	0 (0.0)	1 (1.0)
23.49	Parkinson's Disease	0 (0.0)	2 (2.0)
23.50	Thyroid Adenoma	1 (1.0)	0 (0.0)
23.51	Goiter	1 (1.0)	0 (0.0)
23.52	Benign Thyroid Tumor/Thyroid Neoplasm	3 (3.1)	1 (1.0)
23.53	Thyroid-related Diseases (No Specific Name)	0 (0.0)	2 (2.0)
23.54	Uterine Myoma	1 (1.0)	0 (0.0)
23.55	Uric Acid	2 (2.0)	0 (0.0)
23.56	Thalassemia	1 (1.0)	0 (0.0)
23.57	B12 Deficiency	1 (1.0)	0 (0.0)
23.58	Osteoporosis	12 (12.2)	2 (2.0)
23.59	Meningitis	1 (1.0)	0 (0.0)
23.60	Pituitary Gland 2mm object	1 (1.0)	0 (0.0)
23.61	Swollen Fingers, numb and painful, and difficult to bend in the morning	1 (1.0)	0 (0.0)
23.62	Deformities of finger, toe, neck, pelvic and bone joint	0 (0.0)	1 (1.0)
23.63	Left Thumb Muscle Atrophy	0 (0.0)	1 (1.0)
23.64	Tenosynovitis of the Flexor Tendon of the Right Middle Finger and Right Ring Finger	1 (1.0)	0 (0.0)
23.65	Carpal Tunnel Syndrome	1 (1.0)	0 (0.0)
23.66	Esophageal Deviation	1 (1.0)	0 (0.0)
23.67	Cervical Osteophyte in c4-c5	1 (1.0)	0 (0.0)
23.68	Head Trauma caused pressure on cervical nerve	1 (1.0)	0 (0.0)
23.69	Low Back Pain	1 (1.0)	0 (0.0)
23.70	Intervertebral Disc Herniation	1 (1.0)	0 (0.0)

23.71	Curvature of Vertebrae	0 (0.0)	1 (1.0)
23.72	Joint Pain	2 (2.0)	0 (0.0)
23.73	Joint Degeneration	0 (0.0)	1 (1.0)
23.74	Osteoarthritis	2 (2.0)	0 (0.0)
23.75	Tuberculosis of Hip	1 (1.0)	0 (0.0)
23.76	Bone Tuberculosis	0 (0.0)	1 (1.0)
23.77	Immune System Disorders	0 (0.0)	1 (1.0)
23.78	Swelling and Pain in Fingers caused by Immune System	0 (0.0)	1 (1.0)
23.79	Low Blood Pressure	0 (0.0)	1 (1.0)
23.80	Cold Hands and Feet in Cold Weather	0 (0.0)	1 (1.0)
23.81	Spasm	2 (2.0)	2 (2.0)
23.82	Vegetarian	1 (1.0)	0 (0.0)
24	No Medical History	5 (5.1)	9 (9.0)

Note: Results are reported as frequency and percentage. One participant could have more than one disease(s).

Table S3 Prevalence of the potential key effect modified medications taken during the trial.

Medications ^a		MJWB arm	Control arm
		(n = 98)	(n = 100)
Diabetes		12 (12.2)	15 (15.0)
1	Glucophage (Metformin)	12 (12.2)	8 (8.0)
2	Methyldopa	1 (1.0)	0 (0.0)
3	Diamicron (Gliclazide)	4 (4.1)	2 (2.0)
4	Diaformin	0 (0.0)	1 (1.0)
5	Trajenta (Linagliptin)	1 (1.0)	1 (1.0)
6	Januvia (Sitagliptin Phosphate)	1 (1.0)	1 (1.0)
7	Janumet	0 (0.0)	1 (1.0)
8	Jardiance (Empagliflozin)	0 (0.0)	2 (2.0)
9	Ozempic	0 (0.0)	1 (1.0)
10	Insulin Injection	1 (1.0)	1 (1.0)
11	Diabetes Drugs (No specific drug name)	0 (0.0)	1 (1.0)
12	NIL	0 (0.0)	2 (2.0)
Cardiovascular Diseases		21 (21.4)	13 (13.0)
1	Aspirin	11 (11.2)	8 (8.0)
2	Warfarin	1 (1.0)	1 (1.0)
3	Pradaxa (Dabigatran)	1 (1.0)	0 (0.0)
4	Simvastatin	1 (1.0)	0 (0.0)
5	Alfuzosin Release Tablet	1 (1.0)	0 (0.0)
6	Flecainide	1 (1.0)	0 (0.0)
7	Glyceryl Trinitrate	3 (3.1)	0 (0.0)
8	Metoprolol	2 (2.0)	0 (0.0)

9	Propranolol	2 (2.0)	1 (1.0)
10	Isosorbide Dinitrate/Isosorbide Mononitrate	1 (1.0)	1 (1.0)
11	Clopidogrel (Hydrogen Sulphate)	2 (2.0)	0 (0.0)
12	Actavis	1 (1.0)	0 (0.0)
13	Eliquis Apixaban	0 (0.0)	1 (1.0)
14	Pacemaker Installation	0 (0.0)	1 (1.0)
15	NIL	3 (3.1)	1 (1.0)

Note: Results are reported as frequency and percentage. ^a Names of the medications are standardized. Calculation = (Number of medications/Total number of participant in each arm) x 100%. One participant could have more than one medication(s). The values of the potential key effect modifiers are given in bold, with reference to Callender LA, Curran M, Bates SM, Mairesse M, Weigandt J, Betts CJ. The Impact of Pre-existing Comorbidities and Therapeutic Interventions on COVID-19. Front Immunol. 2020; 11: 1991.

Table S4 The common cold incidence across subgroups.

Subgroups	Common cold prevalence		
	MJWB arm	Control arm	
	Yes (n = 40)	Yes (n = 43)	
Age			
65-74	33 (82.5)	41 (95.3)	
75-84	7 (17.5)	2 (4.7)	
≥85	0 (0.0)	0 (0.0)	
Gender			
Female	34 (85.0)	36 (83.7)	
Male	6 (15.0)	7 (16.3)	
Chronic Diseases and Medications^a			
Diabetes			
1	Glucophage (Metformin)	4 (10.0)	7 (16.3)
2	Methyldopa	0 (0.0)	0 (0.0)
3	Diamicron (Gliclazide)	2 (5.0)	1 (2.3)
4	Diaformin	0 (0.0)	1 (2.3)
5	Trajenta (Linagliptin)	1 (2.5)	1 (2.3)
6	Januvia (Sitagliptin Phosphate)	0 (0.0)	0 (0.0)
7	Janumet	0 (0.0)	0 (0.0)
8	Jardiance (Empagliflozin)	0 (0.0)	2 (4.7)
9	Ozempic	0 (0.0)	1 (2.3)
10	Insulin Injection	0 (0.0)	0 (0.0)
11	Diabetes Drugs (No specific drug name)	0 (0.0)	0 (0.0)
12	NIL	0 (0.0)	1 (2.3)
Cardiovascular Diseases			
1	Aspirin	4 (10.0)	2 (4.7)
2	Wafarin	0 (0.0)	1 (2.3)
3	Pradaxa (Dabigatran)	0 (0.0)	0 (0.0)

4	Simvastatin	0 (0.0)	0 (0.0)
5	Alfuzosin Release Tablet	0 (0.0)	0 (0.0)
6	Flecainide	1 (2.5)	0 (0.0)
7	Glyceryl Trinitrate	1 (2.5)	0 (0.0)
8	Metoprolol	0 (0.0)	0 (0.0)
9	Propranolol	1 (2.5)	0 (0.0)
10	Isosorbide Dinitrate/Isosorbide Mononitrate	1 (2.5)	1 (2.3)
11	Clopidogrel (Hydrogen Sulphate)	1 (2.5)	0 (0.0)
12	Acatvis	0 (0.0)	0 (0.0)
13	Eliquis Apixaban	0 (0.0)	0 (0.0)
14	Pacemaker Installation	0 (0.0)	0 (0.0)
15	NIL	1 (2.5)	0 (0.0)
Vaccination (2021-2022)			
1	Yes	37 (92.5)	40 (93.0)
	Received COVID-19 Vaccination	36 (90.0)	39 (90.7)
	Last injection date ^b		
	2021	13 (32.5)	19 (44.2)
	2022	23 (57.5)	20 (46.5)
	Received Influenza Vaccination	21 (52.5)	27 (62.8)
	Last injection date ^b		
	2021	18 (45.0)	27 (62.8)
	2022	3 (7.5)	0 (0)
	Received both COVID-19 and Influenza Vaccination	20 (50.0)	26 (60.5)
2	No	3 (7.5)	3 (7.0)
Hospitalization, Complications and Preventive Measures			
First month			
1	Hospitalizations ^c	0 (0.0)	0 (0.0)
2	Complications ^d	2 (5.0)	0 (0.0)
3	Preventive Measures ^e	7 (17.5)	8 (18.6)
3.1	Tai Ji Quan	4 (10.0)	2 (4.7)
3.2	Qigong	3 (7.5)	1 (2.3)
3.3	Ba Duan Jin	2 (5.0)	3 (7.0)
3.4	Yi Jin Jing	1 (2.5)	0 (0.0)
3.5	Zhan Zhuang	0 (0.0)	0 (0.0)
3.6	Natural Therapy	0 (0.0)	0 (0.0)
3.7	Health Supplements	2 (5.0)	2 (4.7)
3.8	Others	7 (17.5)	5 (11.6)
Second month			
1	Hospitalizations ^c	0 (0.0)	0 (0.0)
2	Complications ^d	0 (0.0)	0 (0.0)
3	Preventive Measures ^e	4 (10.0)	11 (25.6)
3.1	Tai Ji Quan	1 (2.5)	4 (9.3)
3.2	Qigong	1 (2.5)	0 (0.0)
3.3	Ba Duan Jin	0 (0.0)	4 (9.3)

3.4	Yi Jin Jing	1 (2.5)	1 (2.3)
3.5	Zhan Zhuang	0 (0.0)	0 (0.0)
3.6	Natural Therapy	0 (0.0)	0 (0.0)
3.7	Health Supplements	1 (2.5)	2 (4.7)
3.8	Others	4 (10.0)	4 (9.3)
Third month			
1	Hospitalizations ^c	0 (0.0)	0 (0.0)
2	Complications ^d	0 (0.0)	0 (0.0)
3	Preventive Measures ^e	5 (12.5)	7 (16.3)
3.1	Tai Ji Quan	0 (0.0)	2 (4.7)
3.2	Qigong	0 (0.0)	1 (2.3)
3.3	Ba Duan Jin	0 (0.0)	3 (7.0)
3.4	Yi Jin Jing	0 (0.0)	0 (0.0)
3.5	Zhan Zhuang	0 (0.0)	0 (0.0)
3.6	Natural Therapy	0 (0.0)	0 (0.0)
3.7	Health Supplements	2 (5.0)	1 (2.3)
3.8	Others	5 (12.5)	2 (4.7)

Note: Results are reported as frequency and percentage. One participant could have more than one disease(s). ^a Names of the medications are standardized. Calculation = (Number of medications/Total number of participant in each arm) × 100%. One participant could have more than one medication(s). The values of the potential key effect modifiers are given in bold, with reference to Callender LA, Curran M, Bates SM, Mairesse M, Weigandt J, Betts CJ. The Impact of Pre-existing Comorbidities and Therapeutic Interventions on COVID-19. *Front Immunol.* 2020; 11: 1991. ^b Last Injection date of COVID-19 Vaccination: MJWB arm: 2021 (i.e., 3 July 2021 to 24 December 2021), 2022 (i.e., 4 January 2022 to 23 March 2022); Control arm: 2021 (i.e., 30 June 2021 to 30 December 2021), 2022 (i.e., 1 January 2022 to 28 March 2022). Last Injection date of Influenza Vaccination: MJWB arm: 2021 (i.e., 11 October 2021 to 22 November 2021), 2022 (i.e., 7 January 2022 to 25 February 2022). Control arm: 2021 (i.e., 3 February 2021 to 30 December 2021), 2022 (NIL). ICCR-RT: The Research Team-the Common Cold Incidence Record. ^c Hospitalizations are reported in ICCR-RT, Q1 "Did you need to be hospitalized during the common cold incidence?" ^d Complications are reported in ICCR-RT, Q2 "Did you have any complications during the common cold incidence?" Nine complications of the incident common cold: (1) Acute Pneumonia, (2) Chronic Obstructive Pulmonary Disease, (3) Chronic Obstructive Pulmonary Disease (acute exacerbation), (4) Acute Myocardial Infarction, (5) Stroke Symptoms, (6) Transient Ischemic Attack, (7) Ischemic Stroke, (8) Hemorrhagic Stroke and (9) Others. During the first month, the complications of the incident common cold in the MJWB arm participants: "Others" included Rhinitis (n = 1) and Bronchial hyperresponsiveness (n = 1). ^e Preventive measures are reported in ICCR-RT, Q3 "Since last visit, did you use any preventive measures for the common cold other than Chinese Herbal Medicine during these 4 weeks?"