

Supplementary: Inclusion and exclusion criteria of the clinical study

Eligibility criteria for participants

1. 45-65 year of age
2. menopause for more than 12 months
3. fasting serum LDL ≥ 3.5 mmol/L
4. not taking hormones, statins or any nutritional supplements
5. No drug use
6. No calcium supplement
7. Have children(s)
8. Non-vegetarian

Exclusion Criteria

1. have severe medical diseases
2. fasting blood sugar > 7.0 mmol/L
3. sitting blood pressure $> 140/90$ mmHg
4. creatinine $> 100 \mu$ mol/L
5. triglyceride > 11.3 mmol/L
6. angina symptoms or with significant ischaemic ECG changes
7. current smoking habit
8. using the lipid lowering drugs within the past 4 weeks
9. taking warfarin currently
10. history of herb hypersensitivity