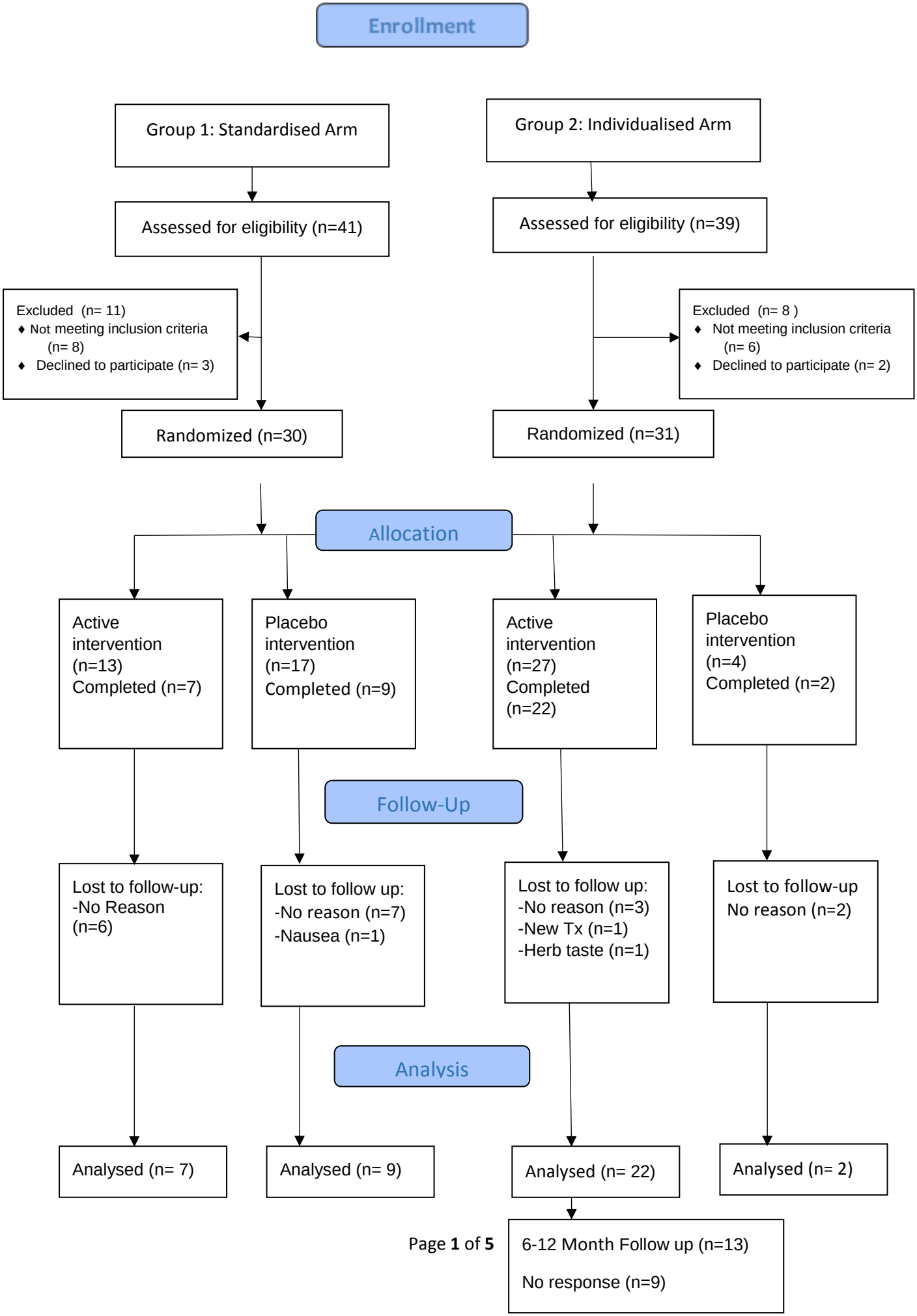
Enrollment
Group 1: Standardised Arm
Group 2: Individualised Arm
Assessed for eligibility (n=41)
Assessed for eligibility (n=39)
Excluded (n= 11)
♦ Not meeting inclusion criteria (n= 8)
♦ Declined to participate (n= 3)
Excluded (n= 8)
♦ Not meeting inclusion criteria (n= 6)
♦ Declined to participate (n= 2)
Randomized (n=30)
Randomized (n=31)
Allocation
Active intervention (n=13) Completed (n=7)
Placebo intervention (n=17) Completed (n=9)
Active intervention (n=27) Completed (n=22)
Placebo intervention (n=4) Completed (n=2)
Follow-Up
Lost to follow-up: -No Reason (n=6)
Lost to follow up: -No reason (n=7) -Nausea (n=1)
Lost to follow up: -No reason (n=3) -New Tx (n=1) -Herb taste (n=1)
Lost to follow-up No reason (n=2)
Analysis
Analysed (n= 7)
Analysed (n= 9)
Analysed (n= 22)
Analysed (n= 2)
6-12 Month Follow up (n=13)
No response (n=9)

Baseline characteristics

	Group 1 (standardised) n=30	Group 2 (individualised) n=31
Age	48.5 yrs (SD 13)	45.8 (SD 10.5)
Sexually active	14/18 respondents (77.7%)	19/31 respondents (61.3%)
Menopausal	9/17 (53%)	9/29 (31%)
Prev Experience of CM	2/17 (11.8%)	8/31 (25.8%)
Duration of RUTIs (Median score) Number of UTIs in past 12 months 1=3-5 2=6-9 3=>10 4=continuous Number of women with continuous infections	3 (5-9 years Mean 1.3 Median 1 0/30 (0%)	3 (5-9 years) 2.8 Median 4 17/31 (55%)
Recruitment • Via Primary care • Self referral	 30/30 (100%) 0/30	 13/31 (42%) 18/31 (58%)
Symptoms of UTIs • Frequency • Urgency • Unable to empty Bladder • Dysuria • Abdominal pain	 Mean 2.39 (Med 3) Mean 2.26 (3) 1.24 (2) 0.83 (2) 2.1 (2.5)	 Mean 2.1 (Med 2) Mean 2 (2) 1.52 (2) 1.65 (2) 2.2 (2)
EQ5 (Baseline) • Pain • Depression/anx • Overall Health (0-100)	 0.94 0.59 75.2 (SD22.3)	 1.23 1.03 60.9 (SD 19.6)
Use of antibiotics • was last infection treated with a/bs • Continuous a/bs	 Yes 17/18 responses (94.4%) 4/30 (13.3%)	 Yes 30/30 responses (100%) 14/31 (45%)

Outcome measures

Treatment group		Standardised		Individualised	
		Active	Placebo	Active	Placebo only
No of patients randomised		13	17	27	4
No patients who completed the trial		7 (53.8%)	9 (52.9%)	22 (81.5%)	2 (50%)
Patient diaries	Number of patients providing data (N, %)	3/13 (23%)	6/17 (35.3%)	18/27 (66.6%)	2/4 (50%)
	Result in those who provided data (n/N, %)	Invalid data	Invalid data	Invalid data	Invalid data
Global outcomes (end of trial)	Number of patients providing data (N, %)	7/13 (53.8%)	9/17 (52.9%)	22/27 (81.5%)	2/4 (50%)
	Result in those who provided data (n/N, %)	Mean overall improvement +32.6% 3/7 reported no change	Mean overall improvement +30% 5/9 reported no change	Mean overall improvement +44.5% 6/27 reported no change	Mean overall improvement +10% 1 reported no change
Global outcomes 6-12 month follow up	Number of patients providing data (N, %)	N/A	N/A	13/22 (59.1%)	1/2 (50%)
	Result in those who provided data (n/N, %)	N/A	N/A	7/13 (53.8%) reported no infection post trial.	
Change in antibiotic use during trial	Number of patients providing data (N, %)	7/13 (53.8%)	9/17 (52.9%)	18/27 (66.6%)	2/4 (50%)
	Result in those who provided data (n/N, %)	3/6 (50%) reported a reduction in use. 1/6 (16.6%) completely stopped	4/9 (44.4%) reported a reduction in use 3/9 (33.3%) completely stopped.	12/18 (66.7%) reported a reduction in use 5/18 (27.7% completely stopped.	0/2 (0%) reported a reduction in use 0 completely stopped
Change in antibiotic use 6-12 month follow up	Number of patients providing data (N, %)	N/A	N/A	13/22 (59.1%)	1/2 (50%)
	Result in those who provided data (n/N, %)	N/A	N/A	11/13 (84.6%) reported a reduction in use. 7/13 (53.8%) completely stopped	No reduction in use.
EQ5D	Number of patients providing data (N, %)	6/13 (46.2%)	8/17 (47.1%)	14/27 (51.9%)	2/4 (50%)

EQ5D	Result in those who provided data (n/N, %)	Mean overall level of health at week 0 =91.3/100 At end of trial =83.2/100	Mean overall level of health at week 0 =67.5/100 At end of trial= 66.25/100	Mean overall level of health at week 0 =61.6/100 At end of trial= 66.75/100	Mean overall level of health at week 0=40/100 At end of trial= 55/100

Adverse events

Serious Adverse Events

Group	# AEs
Individual	0
Standardised	0

Adverse Events - Other

Group	# AEs	AE details
Individual	1	Digestive upset, resolved on discontinuing herbs
Standardised	0	N/A