**Supplementary Material S2.** Herbal formulas and its components in the included studies.

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| **Study** | **Formulation** | **Source** | **Species, concentration** | **Quality control****reported?****(Y/N)** | **Chemical analysis****reported?****(Y/N)** |
| Cao. (2019) | Chaihu Longgu Muli Decoction | Beijing Puxiang Traditional Chinese Medicine Cancer Hospital | Bulb of *Fritillaria thunbergii* Miq., 20gHerb of *Scutellaria barbata* D.Don, 20gShell of *Ostrea gigas* Thunberg, 20gFossilia Ossis Mastodi, 20gSpike of *Prunella vulgaris* L., 15gRhizome of *Curcuma phaeocaulis* Valeton, 15gRoot of *Scutellaria baicalensis* Gerogi, 15gRoot of *Pseudostellaria heterophylla* (Miq.) Pax, 15gRoot and rhizome of *Glycyrrhiza uralensis* Fisch. ex DC., 10gRhizome of *Pinellia ternata* (Thunb.) Makino, 10gRoot of *Bupleurum chinense* DC., 10g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Chen et al. (2017) | Guben Anshen Decoction | Guangdong Second Traditional Chinese Medicine Hospital | Seed of *Ziziphus jujuba* Mill.,30gRhizome of *Dioscorea oppositifolia* L., 30gBulb of *Lilium lancifolium* Thunb., 30gAril of *Dimocarpus longan* Lour., 30gBark of *Eucommia ulmoides* Oliv., 30gRoot of *Nanhaia speciosa* (Champ. ex Benth.) J.Compton & Schrire, 30gFossilia Ossis Mastodi, 30gShell of *Ostrea gigas* Thunberg, 30gHerb of *Eclipta prostrata* (L.) L., 20gHerb of *Lophatherum gracile* Brongn., 10gPlumule of *Nelumbo nucifera* Gaertn., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Cheng et al. (2017) | Baihe Gujin Tang combined with Huanglain Ejiao Tang | Beijing Navy General Hospital | Root of *Ophiopogon japonicus* (Thunb.) Ker Gawl., 30gBulb of *Lilium lancifolium* Thunb., 15gPrepared root of *Rehmannia glutinosa* (Gaertn.) DC., 15gRoot of *Rehmannia glutinosa* (Gaertn.) DC., 15gRoot of *Angelica sinensis* (Oliv.) Diels, 15gRoot of *Scrophularia ningpoensis* Hemsl., 15gBulb of *Fritillaria cirrhosa* D.Don, 15gRoot of *Paeonia lactiflora* Pall., 12gRoot and rhizome of *Glycyrrhiza uralensis* Fisch. ex DC., 10gRoot of *Platycodon grandiflorus* (Jacq.) A.DC., 10gGelatin obtained from the skin of *Equus qsinus* L., 10gRoot of *Scutellaria baicalensis* Gerogi, 9gRhizome of *Coptis chinensis* Franch., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Gao et al. (2018) | Guben Anshen Decoction | Hangzhou First People's Hospital | Seed of *Ziziphus jujuba* Mill.,30gRhizome of *Dioscorea oppositifolia* L., 30gBulb of *Lilium lancifolium* Thunb., 30gAril of *Dimocarpus longan* Lour., 30gBark of *Eucommia ulmoides* Oliv., 30gRoot of *Nanhaia speciosa* (Champ. ex Benth.) J.Compton & Schrire, 30gFossilia Ossis Mastodi, 30gShell of *Ostrea gigas* Thunberg, 30gHerb of *Eclipta prostrata* (L.) L., 20gHerb of *Lophatherum gracile* Brongn., 10gPlumule of *Nelumbo nucifera* Gaertn., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Hao. (2019) | Chaihu Longgu Muli Decoction | Huian Hospital of Integrated Traditional Chinese and Western Medicine | Root of *Bupleurum chinense* DC.Rhizome of *Pinellia ternata* (Thunb.) MakinoSclerotium of *Poria cocos* (Schw.) WolfTwig of *Neolitsea cassia* (L.) Kosterm.Root of *Scutellaria baicalensis* GerogiRoot and rhizome of *Panax ginseng* C.A.Mey.Fruit of *Ziziphus jujuba* Mill.Fossilia Ossis MastodiShell of *Ostrea gigas* ThunbergRhizome of *Zingiber officinale* RoscoeRoot and rhizome of *Rheum officinale* Baill. | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Ji et al. (2016) | Anshen Bukangling Decoction | Tumor Hospital Affiliated to Nantong University | Root of *Codonopsis pilosula* (Franch.) Nannf. 15gRoot of *Astragalus mongholicus* Bunge, 15gPrepared root of *Rehmannia glutinosa* (Gaertn.) DC., 15gSclerotium of *Poria cocos* (Schw.) Wolf, 12gSeed of *Ziziphus jujuba* Mill.,12gRoot of *Angelica sinensis* (Oliv.) Diels, 10gRhizome of *Conioselinum anthriscoides* 'Chuanxiong', 10gRoot of *Paeonia lactiflora* Pall., 10gRoot of *Polygala tenuifolia* Willd., 10gFruit of *Schisandra chinensis* (Turcz.) Baill., 10gRhizome of *Anemarrhena asphodeloides* Bunge, 10gRoot and rhizome of *Glycyrrhiza uralensis* Fisch. ex DC., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Liu. (2018) | Huanglian Wendan Longgu Muli Decoction | Laizhou Hospital of Traditional Chinese Medicine | Root of *Codonopsis pilosula* (Franch.) Nannf., 30gFossilia Ossis Mastodi, 30gShell of *Ostrea gigas* Thunberg, 30gSclerotium of *Poria cocos* (Schw.) Wolf, 20gRoot of *Bupleurum chinense* DC., 12gTwig of *Neolitsea cassia* (L.) Kosterm., 9gRhizome of *Pinellia ternata* (Thunb.) Makino, 9gRhizome of *Zingiber officinale* Roscoe, 6gRoot of *Scutellaria baicalensis* Gerogi, 6gRoot and rhizome of *Rheum officinale* Baill., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Wang et al. (2016) | Kongsheng Zhenzhong pill | Beijing Tcmages Pharmaceutical Co., Ltd. | Shell of *Trionyx sinensis* Wiegmann, 20gFossilia Ossis Mastodi, 15gRhizome of *Acorus calamus* var. *angustatus* Besser, 12gRoot of *Polygala tenuifolia* Willd., 10g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | Y– HPLC |
| Barton et al. (2010) | Valerian capsule | Hi-Health | Root of *Valeriana officinalis* L. | Y – Prepared according to The United States Pharmacopeia–National Formulary | Y– HPLC |
| Pu et al. (2020) | Suanzaoren tea | Affiliated Drum Tower Hospital, Medical School of Nanjing University | Seed of *Ziziphus jujuba* Mill.,30g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Wang et al. (2020) | Suanzaoren Decoction | Tianjiang Pharmaceutical Co., Ltd. | Rhizome of *Conioselinum anthriscoides* 'Chuanxiong', 12gSeed of *Ziziphus jujuba* Mill.,10gSclerotium of *Poria cocos* (Schw.) Wolf, 10gRhizome of *Anemarrhena asphodeloides* Bunge, 10gRoot and rhizome of *Glycyrrhiza uralensis* Fisch. ex DC., 6g | Y – Prepared according to Pharmacopoeia of the People's Republic of China | Y– HPLC |
| Chen et al. (2009) | Warm settling decoction | Yueyang Hospital Affiliated to Shanghai University of Traditional Chinese Medicine | Root of *Astragalus mongholicus* BungeRoot of *Codonopsis pilosula* (Franch.) Nannf.Prepared daughter root of *Aconitum carmichaelii* DebeauxFossilia Ossis MastodiShell of *Ostrea gigas* ThunbergMagnetiteRoot of *Polygala tenuifolia* Willd.Fruit of *Schisandra chinensis* (Turcz.) Baill.Herb of *Epimedium brevicornu* Maxim. | Y – Prepared according to Pharmacopoeia of the People's Republic of China | N |
| Lee et al. (2018) | Gamiguibi-tang | Kracie Pharma, Ltd. | Root of *Panax ginseng* C.A.Mey., 3gRoot of *Bupleurum falcatum* L., 3gRhizome of *Atractylodes lancea* (Thunb.) DC., 3gSclerotium of *Poria cocos* (Schw.) Wolf, 3gSeed of *Ziziphus jujuba* Mill.,3gAril of *Dimocarpus longan* Lour., 3gRoot of *Astragalus mongholicus* Bunge, 2gRoot of *Angelica acutiloba* (Siebold & Zucc.) Kitag., 2gFruit of *Gardenia jasminoides* J.Ellis, 2gRoot of *Polygala tenuifolia* Willd., 1.5gFruit of *Ziziphus jujuba* Mill., 1.5gRoot and rhizome of *Glycyrrhiza uralensis* Fisch. ex DC., 1gRoot of *Aucklandia costus* Falc., 1gRhizome of *Zingiber officinale* Roscoe, 0.5g | Y – Prepared according to The Japanese Pharmacopoeia | Y – HPLC |
| Moon et al. (2020) | Cheonwangbosimdan | Jung Woo Pharmaceutical Co., Ltd. | Root of *Panax ginseng* C.A.Mey., 6.25gSclerotium of *Poria cocos* (Schw.) Wolf, 6.25gRoot of *Platycodon grandiflorus* (Jacq.) A.DC., 6.25gRoot of *Polygala tenuifolia* Willd., 6.25gRoot of *Salvia miltiorrhiza* Bunge, 6.25gRoot of *Scrophularia buergeriana* Miq., 6.25gRoot of *Rehmannia glutinosa* (Gaertn.) DC., 5gRhizome of *Coptis chinensis* Franch., 2.5gRoot of *Angelica gigas* Nakai, 1.25gTuber of *Asparagus cochinchinensis* (Lour.) Merr., 1.25gFruit of *Schisandra chinensis* (Turcz.) Baill., 1.25gSeed of *Platycladus orientalis* (L.) Franco, 1.25gSeed of *Ziziphus jujuba* Mill.,1.25g | Y – Prepared according to The Korean Pharmacopoeia | Y – HPLC |