

Supplementary Table

Supplementary Table S1: Literature search strategy	
The database	Retrieval type
PUBMED	(((((Shenlingbaizhu powder[MeSH Terms]) OR (Shenling baizhu San[MeSH Terms])) OR (slbzs[MeSH Terms])) OR (Shenling baizhu powder[MeSH Terms])) OR (SLBZP[MeSH Terms]))
Cochrane library	(Shenling baizhu San) OR (slbzs) OR (Shenling baizhu powder) OR (SLBZP) OR (Shenling baizhu)
Embase	(Shenling baizhu San) OR (slbzs) OR (Shenling baizhu powder) OR (SLBZP) OR (Shenling baizhu)
CNKI	SU=(参苓白术散+参苓白术)*(腹泻+泄泻+肠易激综合征+溃疡性结肠炎+功能性胃肠病+功能性腹泻+炎性肠病+克罗恩病+炎症性肠病+IBD)*(动物+鼠+大鼠+小鼠+犬+狗+猴+兔+蛙)
WANFANG DATA	题名或关键词:(参苓白术散 or 参苓白术) and (腹泻 or 泄泻 or 肠易激综合征 or 溃疡性结肠炎 or 功能性胃肠病 or 功能性腹泻 or 炎性肠病 or 克罗恩病 or 炎症性肠病 or IBD) and (动物 or 鼠 or 大鼠 or 小鼠 or 犬 or 狗 or 猴 or 兔 or 蛙)

CQYIP

M=(参苓白术散 or 参苓白术) and (腹泻 or 泄泻 or 肠易激综合征 or 溃疡性结肠炎 or 功能性胃肠病 or 功能性腹泻 or 炎性肠病 or 克罗恩病 or 炎症性肠病 or IBD) and (动物 or 鼠 or 大鼠 or 小鼠 or 犬 or 狗 or 猴 or 兔 or 蛙)

**Chinese Medicine
Database:**

((("参苓白术 OR 参苓白术散"[主题词]) AND ("腹泻 OR 泄泻 OR 肠易激综合征 OR 溃疡性结肠炎 OR 功能性胃肠病 OR 功能性腹泻 OR 炎性肠病 OR 克罗恩病 OR 炎症性肠病 OR IBD"[主题词]) AND ("动物 OR 鼠 OR 大鼠 OR 小鼠 OR 犬 OR 狗 OR 猴 OR 兔 OR 蛙"[主题词]))

Supplementary Table S2: Preparation composition summary table

Study	Formulation	Source	Species, Proportion	Quality control reported? (Y/N)	Chemical analysis reported? (Y/N)
BDY 2017	SLBZS	The Affiliated Hospital of Gansu University of Chinese Medicine Chinese Medicine Department	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 10g; Poria cocos [Polyporaceae; . Poria] 10g; Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g; Coicis Semen 6g; Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 6g; Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g; Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g; Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g; Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g; Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 4g, (5:5:5:3:3:3:2:4:2:5:2)	NR	NR
CH 2007	SLBZS	Shaanxi Lijun Hengxin Tang Pharmaceutical Co.	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 8g; Poria cocos (Polyporaceae; . Poria) 8g; Glycyrrhiza glabra L	Y- Prepared according to Pharmacopoeia of the People's	NR

CCH 2004	SLBZS	Gansu Pharmaceutical Group Gannan Pharmaceutical Factory	[Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Republic of China	
			Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos (Polyporaceae;. Poria) 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR

DJL 2011	SLBZS	Wuxi Hospital of Traditional Chinese Medicine	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 15g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]30g; Poria cocos (Polyporaceae;. Poria) 15g; Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]30g; Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 10g; Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 10g; Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 30g : Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 10g (3:6:3:6:2:2:6:2)	NR	NR
DYW 2007	SLBZS	Shanxi Huakang Pharmaceutical Co.	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g; Poria cocos (Polyporaceae;. Poria) 8g;Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g; Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g; Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g; Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g; Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g; Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR

			rhizoma] 8g , (4:4:4:4:2:2:2:3:2:4)		
FH 2004	SLBZS	NR	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 20g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]20g: Poria cocos [Polyporaceae;. Poria] 20g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 20g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]10g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]10g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 10g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 15g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 10g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 40g, (4:4:4:4:2:2:2:3:2:4)	NR	NR
HHR 2008	SLBZS	NR	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp.	NR	NR

			purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)		
JYX 2016	SLBZS	The Affiliated Hospital of Gansu University of Chinese Medicine Chinese Medicine Department	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]10g: Poria cocos [Polyporaceae;. Poria] 10g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]6g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]6g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g: Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 4g,(5:5:5:3:3:3:2:4:2:5:2)	NR	NR
JMR 2010	SLBZS	Shaanxi College of Traditional Chinese Medicine - Golden Autumn Outpatient Chinese Medicine	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR

		Clinic	lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g (4:4:4:4:2:2:2:3:2:4)		
LJ 2016	SLBZS	Kangmei Pharmaceutical Co.	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 15g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]15g: Poria cocos [Polyporaceae;. Poria] 15g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 10g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]10g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]10g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 6g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 12g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 6g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 15g , (15:15:15:10:10:10:6:12:6:15)	NR	NR
LWX	SLBZS	The First affiliated	Panax ginseng C.A.Mey [Araliaceae; ginseng radix]	Y- Prepared	NR

2015		Hospital of Hunan Chinese Medicine College	10g: <i>Atractylodes macrocephala</i> Koidz [Asteraceae; <i>atractylodis macrocephalae rhizoma</i>] 10g: <i>Poria cocos</i> [Polyporaceae;. <i>Poria</i>] 10g: <i>Glycyrrhiza glabra</i> L [Fabaceae; <i>radix et rhizoma glycyrrhizae</i>] 6g: <i>Coix lacryma-jobi</i> var. <i>ma-yuen</i> (Rom.Caill.) Stapf [Poaceae; <i>coicis semen</i>] 6g: <i>Nelumbo nucifera</i> Gaertn [Nelumbonaceae; <i>lotus seed</i>] 6g: <i>Wurfbainia villosa</i> (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; <i>amomi fructus</i>] 4g: <i>Lablab purpureus</i> subsp. <i>purpureus</i> [Fabaceae; <i>semen lablab album</i>] 8g: <i>Platycodon grandiflorus</i> (Jacq.) A.DC [Campanulaceae; <i>platycodonis radix</i>] 4g: <i>Dioscorea polystachya</i> Turcz [Dioscoreaceae; <i>dioscoreae rhizoma</i>] 10g, (5:5:5:3:3:3:2:4:2:5)	according to Pharmacopoeia of the People's Republic of China	
LXB 2014	SLBZS	Shanxi Huakang Pharmaceutical Co.	<i>Panax ginseng</i> C.A.Mey [Araliaceae; <i>ginseng radix</i>] 8g: <i>Atractylodes macrocephala</i> Koidz [Asteraceae; <i>atractylodis macrocephalae rhizoma</i>] 8g: <i>Poria cocos</i> [Polyporaceae;. <i>Poria</i>] 8g: <i>Glycyrrhiza glabra</i> L [Fabaceae; <i>radix et rhizoma glycyrrhizae</i>] 8g : <i>Coix lacryma-jobi</i> var. <i>ma-yuen</i> (Rom.Caill.) Stapf [Poaceae; <i>coicis semen</i>] 4g: <i>Nelumbo nucifera</i> Gaertn [Nelumbonaceae; <i>lotus seed</i>] 4g: <i>Wurfbainia villosa</i> (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; <i>amomi fructus</i>] 4g: <i>Lablab purpureus</i> subsp. <i>purpureus</i> [Fabaceae; <i>semen lablab album</i>] 6g: <i>Platycodon grandiflorus</i> (Jacq.) A.DC	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR

LY 2017	SLBZS	Shaanxi University of Traditional Chinese Medicine Hospital Chinese Medicine Department	[Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR
			Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 8g: Poria cocos [Polyporaceae; . Poria] 8g: Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen] 4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 4g: Wurfbania villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)		
LZH 2015	SLBZS	Anhui University of Chinese Medicine Chinese Medicine Preparation Room	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 10g: Poria cocos [Polyporaceae; . Poria] 10g: Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen] 6g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 6g: Wurfbania villosa	NR	NR

			(Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g, (5:5:5:3:3:3:2:4:2:5)		
LZH 2020	SLBZS	Anhui University of Chinese Medicine Chinese Medicine Preparation Room	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 10g: Poria cocos [Polyporaceae; . Poria] 10g: Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen] 6g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 6g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g, (5:5:5:3:3:3:2:4:2:5)	NR	NR
LHW 2010	SLBZS	Shaanxi College of Traditional Chinese Medicine - Golden Autumn Outpatient	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 8g: Poria cocos [Polyporaceae; . Poria] 8g: Glycyrrhiza glabra L	Y- Prepared according to Pharmacopoeia of the People's	NR

		Chinese Medicine Clinic	[Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Republic of China	
SY 2018	SLBZS	Yingpan Pharmacy	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	NR	NR

SSZ 2020	SLBZS	Beijing Tongrentang Company Limited	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR
TJS 2021	SLBZS	Pharmacy of the Affiliated Hospital of Heilongjiang University of Chinese Medicine	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 15g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]15g: Poria cocos [Polyporaceae;. Poria] 15g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 9g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]9g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]9g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 6g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 12g:	NR	NR

YY 2019	SLBZS	Yunnan Baiyao Group Co.	Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 6g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 15g: Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 6g, (5:5:5:3:3:3:2:4:2:5:2) Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR
			Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]10g: Poria cocos [Polyporaceae;. Poria] 10g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf		
YHQ 2017	SLBZS	Affiliated Hospital of Gansu College of Traditional Chinese Medicine	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]10g: Poria cocos [Polyporaceae;. Poria] 10g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf	NR	NR

			[Poaceae; coicis semen]6g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]6g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g: Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 4g, (5:5:5:3:3:3:2:4:2:5:2) Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 10g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]10g: Poria cocos [Polyporaceae;. Poria] 10g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 6g: Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf		
YHQ 2018	SLBZS	Affiliated Hospital of Gansu College of Traditional Chinese Medicine	[Poaceae; coicis semen]6g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]6g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 8g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 10g: Citrus × aurantium L [Rutaceae; citri reticulatae pericarpium] 4g, (5:5:5:3:3:3:2:4:2:5:2)	NR	NR

ZJJ 2019	SLBZS	The First Affiliated Hospital of Guangzhou University of Chinese Medicine	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 15g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 15g; Poria cocos [Polyporaceae; . Poria] 15g; Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 9g; Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 9g; Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 9g; Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 15g; Wurfbainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 9g, (5:5:5:3:3:5:3:2)	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR
ZJL 2010	SLBZS	Shaanxi College of Traditional Chinese Medicine - Golden Autumn Outpatient Chinese Medicine Clinic	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g; Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma] 8g; Poria cocos [Polyporaceae; . Poria] 8g; Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 8g; Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen] 4g; Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed] 4g; Wurfbainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g; Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 6g; Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 4g; Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae	Y- Prepared according to Pharmacopoeia of the People's Republic of China	NR

			rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)		
ZYF 2006	SLBZS	NR	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 20g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]20g: Poria cocos [Polyporaceae;. Poria] 20g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae] 20g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]10g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]10g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 10g: Lablab purpureus subsp. purpureus [Fabaceae; semen lablab album] 15g: Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] 10g: Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma] 20g, (4:4:4:4:2:2:2:3:2:4)	Y- Y- Prepared according to formulary of peaceful benevolent dispensary	NR
ZH 2019	SLBZS	The First Affiliated Hospital of Anhui University of Chinese Medicine, Chinese Medicine Preparation Room	Panax ginseng C.A.Mey [Araliaceae; ginseng radix] 8g: Atractylodes macrocephala Koidz [Asteraceae; atractylodis macrocephalae rhizoma]8g: Poria cocos [Polyporaceae;. Poria] 8g:Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae]8g : Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen]4g: Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed]4g: Wurfainia villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] 4g: Lablab purpureus subsp.	NR	NR

purpureus [Fabaceae; semen lablab album] 6g:
Platycodon grandiflorus (Jacq.) A.DC
[Campanulaceae; platycodonis radix] 4g: Dioscorea
polystachya Turcz [Dioscoreaceae; dioscoreae
rhizoma] 8g, (4:4:4:4:2:2:2:3:2:4)

Note: Shenling Baizhu Powder, SLBZS; NR, No report

Supplementary Table S3: GRADE evidence profile and summary of findings table for rodent studies.

Outcome	No of Studies	Risk of Bias	Inconsistency	Indirectness	Imprecision	Publication Bias	Sample size SLBZS	No treatment	Effect Size [95% CI]	Certainty
Body weight	9	Serious ₁	Serious ²	Serious ⁴	Not Serious	Serious ⁶	93	93	SMD 2.28 (1.4 to 3.16)	⊕ Very Low
Diarrhea score	4	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	39	23	SMD 1.4 (2.03 to 0.78)	⊕ Very Low
Spleen weight	5	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Serious ⁶	53	53	SMD 1.42 (0.98 to 1.87)	⊕ Very Low
Thymus weight	5	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	53	53	SMD 1.11 (0.69 to 1.53)	⊕ Very Low
Macrophage phagocytosis	3	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	40	40	SMD 1.07 (0.59 to 1.54)	⊕ Very Low
RBC-IC-RR	3	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	35	35	SMD 1.4 (1.94 to 0.87)	⊕ Very Low
RBC-C3b-R R	3	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	35	35	SMD 1.16 (0.65 to 1.67)	⊕ Very Low
sIgA	3	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Serious ⁶	28	28	SMD 0.36 (0.2 to 0.92)	⊕ Very Low
IL-8	4	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Serious ⁶	48	24	SMD 2.8 (3.54 to 2.07)	⊕ Very Low
IL-2	3	Serious ₁	Not Serious	Serious ⁴	Serious ⁵	Undetected	28	28	SMD 1.52 (0.89 to 2.14)	⊕ Very Low

Note: ¹ The included studies were significantly biased with respect to randomization methods, allocation concealment, and blind method. ² Study

heterogeneity was large ($50\% < I^2 < 75\%$).³ Inclusion of studies was highly heterogeneous ($I^2 > 75\%$).⁴ All outcomes due to the indirectness inherent in non-primate animal models.⁵ The sample size was small.⁶ The results of the funnel plot or Egger's test indicated the presence of publication bias.

Supplementary Table S4: The composition of Shenling Baizhu Powder

Name	Composition	Function
<i>Panax ginseng</i> C.A.Mey [Araliaceae; ginseng radix] (Park et al., 2018)	ginsenosides Re, Rg2, Rh1, phytosterol, stigmasterol, and β-sitosterol, β-enamine and β-Se, kaempferol, alkaloids, elemicin, dauricine, etc.	Metabolic processes, signal transduction, nitrogen compound metabolic processes, blood circulation, immune system processes, cell-cell signaling, biosynthesis processes and nervous system processes are related, etc.
<i>Poria cocos</i> (Polyporaceae;. Poria) (Zou et al., 2021)	poricoic acid, linoleic acid, (R)-3-hydroxybutyric acid, D-ribose, thiamine monophosphate, indolelactic acid and plamitic acid, etc.	Regulation of intestinal flora, immune regulation, etc.
<i>Atractylodes macrocephala</i> Koidz [Asteraceae; atractylodis macrocephalae rhizoma] (Ruqiao et al., 2020)	volatile oil, lactones, polysaccharides, amino acids, vitamins and resins, etc.	immune and anti-inflammatory activity, antitumor activities, neuroprotective effect, anti-hepatotoxicity, etc.
<i>Lablab purpureus</i> subsp. <i>purpureus</i> [Fabaceae;	α -linalool, isonolenone, Methyl palmitate, methyl linoleate, 2-methyleicosane	Antibacterial and antiviral, improve immunity, detoxify, reduce blood sugar and cholesterol, antioxidant activity, etc.

semen lablab album (Zhang et al., 2020)		
Nelumbo nucifera Gaertn [Nelumbonaceae; lotus seed (Shi et al., 2018)	Alkaloids, flavonoids and polysaccharides, etc.	Anti-inflammatory, antioxidant, hypoglycemic, anti-tumor, etc.
Glycyrrhiza glabra L [Fabaceae; radix et rhizoma glycyrrhizae (Jiang et al., 2020; Cai et al., 2021)	Liquiritin, isoliquiritin apioside, isoliquiritin, liquiritigenin, glycyrrhizic acid, etc.	liver protection, digestive system and nervous system protection, anticancer, anti-inflammatory, anti-allergy, anti-AIDS, etc.
Dioscorea polystachya Turcz [Dioscoreaceae; dioscoreae rhizoma (Pan et al.)	Dioscorea saponins, furanostanol saponins, 3,5-Dimethoxyquercetin, Catechin, Quercetin, Kaempferol, 2,4,3',5'-Tetrahydroxybibenzyl, myricetin, diospersimilosides A,B, diosbiphenanthrene, linoleic acid, linolenic acid, etc.	Immune regulation, anti-tumor, anti-oxidation, anti-aging, hypoglycemic, hypolipidemic, etc.
Wurfbainia	volatile oils, saponins, flavonoids, organic acids,	Gastrointestinal protection, anti-inflammatory activity,

villosa (Lour.) Skornick. & A.D.Poulsen [Zingiberaceae; amomi fructus] (Suo et al., 2018)	inorganic ingredients, and polysaccharides	analgesic activity, antidiarrheal activity, antibacterial activity, etc.
Coix lacryma-jobi var. ma-yuen (Rom.Caill.) Stapf [Poaceae; coicis semen] (Zhu et al., 2020)	Glycerol monoester, diglycerol, triglyceride, stigmasterol, etc.	Anti-inflammatory, antioxidant, analgesic and sedative effects, etc.
Platycodon grandiflorus (Jacq.) A.DC [Campanulaceae; platycodonis radix] (Chen et al., 2020)	Apigenin, luteolin, tangerine, quercetin - 7-O-glucoside, quercetin - 7-O-rutin, etc.	Anti - tumor, liver protection, anti - inflammation, anti - oxidation, etc.
SLBZS (Lu et al.)	ginsenosides, quercetin, lignan, β -sitosterol, β -carotene, kaempferol, origanoside D, rutin, atractylenolide III, poric acid, psoralen, iso-psoralen, iso-prenyl, and lobsteryl acetate, etc.	Regulate the immune system, improve lung function, improve gastrointestinal function, antioxidant, anti-tumor, anti-inflammatory, etc

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