

Supplement Digital

PubMed retrieval strategy

#1tonifying kidney and activating blood[Title/Abstract]

#2kidney-tonifying and blood-activating[Title/Abstract]

#3huoxue bushen[Title/Abstract]

#4Nourishing Kidney[Title/Abstract]

#5tonifying kidney[Title/Abstract]

#6reinforcing kidney[Title/Abstract]

#7warming kidney[Title/Abstract]

#8warming shen[Title/Abstract]

#9promoting blood [Title/Abstract]

#10activating blood [Title/Abstract]

#11invigorating blood [Title/Abstract]

#12bu shen[Title/Abstract]

#13wen shen[Title/Abstract]

#14zi shen[Title/Abstract]

#15huo xue[Title/Abstract]

#16qu yu[Title/Abstract]

#17hua yu[Title/Abstract]

#18 #1 OR to#17

#19Primary Ovarian Insufficiency[MeSH Terms]

#20Menopause, Premature[MeSH Terms]

#21Premature Menopause[Title/Abstract]

#22Premature Ovarian Insufficiency [Title/Abstract]

#23Premature Ovarian Failure[Title/Abstract]

#24Ovarian Failure, Premature[Title/Abstract]

#25Ovarian Insufficiency, Primary[Title/Abstract]

#26decreased ovarian reserve [Title/Abstract]

#27POI[Title/Abstract]

#28POF[Title/Abstract]

#29 #19 OR to#28

#30randomized controlled trial[Publication Type]

#31controlled clinical trial[Publication Type]

#32randomized[Title/Abstract]

#33randomly[Title/Abstract]

#34placebo[Title/Abstract]

#35 trial[Title]

#36 #30 OR to#35

#37#18 AND #29 AND #36

Supplement Table 1: Composition of prescription in the included studies.

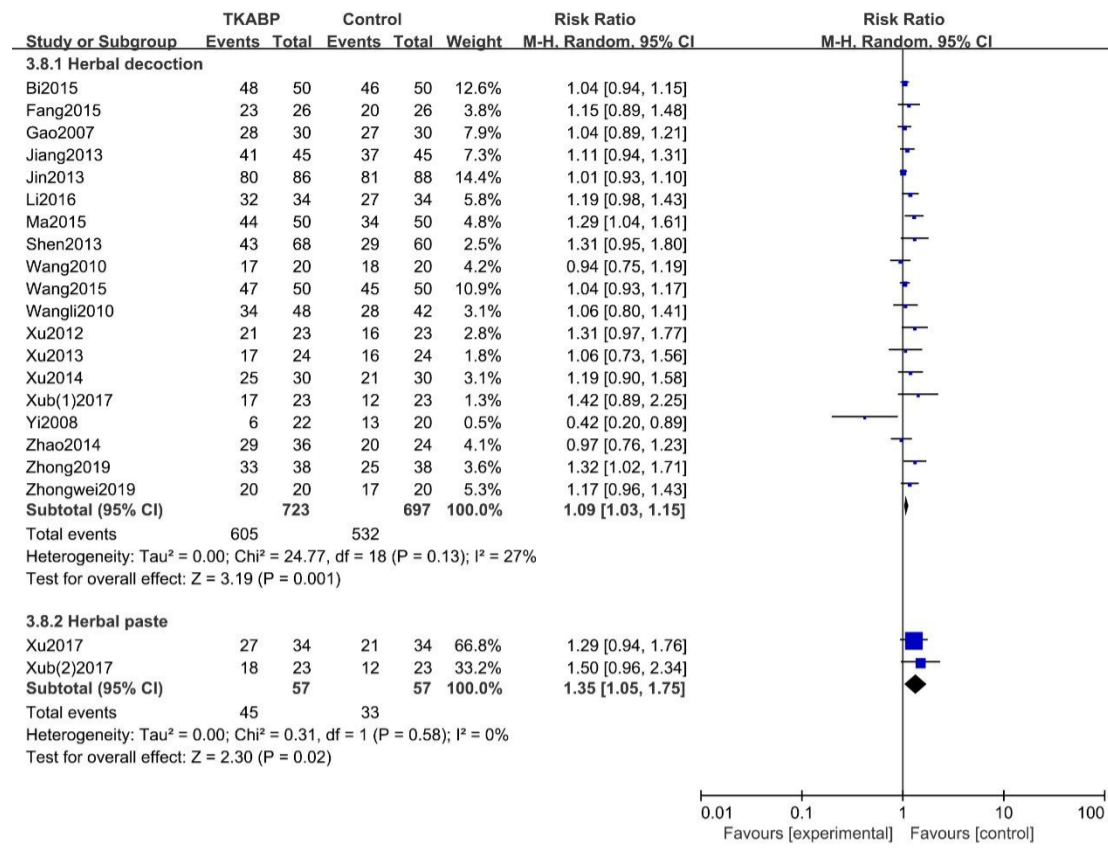
References	Prescription	Composition of prescription
Jin et al. 2013	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Antler Glue 15 g, Glossy Privet Fruit 15 g, Psoralen 10 g, Cornus 10 g, White Peony 10 g, Angelica 10 g, Rhizome of Chuanxiong 10 g, Peach Kernel 10 g, Safflower 10 g
Xu et al. 2013	TKABP	Prepared Radix Rehmanniae 20 g, Dodder 15 g, Chinese Yam 15 g, Cornus Officinalis 10 g, Lycium barbarum 15 g, Polygonatum Sibiricum 15 g, Motherwort 15 g, Herba Lycopi 10 g, Radix Cyathulae 15 g, Angelica 10 g, Licorice Root 3 g
Bi 2015	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Polygonatum Sibiricum 15 g, Fluoritum 15 g, Morinda 10 g, Cistanche 10 g, Schisandra Chinensis 6 g, Angelica 10 g, Rhizome of Chuanxiong 6 g
Zeng et al. 2019	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 10 g, Eclipta 10 g, Glossy Privet Fruit 10 g, Dangshen 10 g, White Peony 10 g, Cistanche 10 g, Caulis Spatholobi 15 g, Angelica 10 g, Aerial Parts of Epimedium 10 g, Polygonum Multiflorum 10 g, Licorice Root 10 g
Fang et al. 2015	TKABP	Prepared Radix Rehmanniae 20 g, Dodder 30 g, Dipsacus 20 g, Angelica 12 g, Glossy Privet Fruit 15 g, Poria Cocos 20 g, White Atractylodes Rhizome 15 g, Spatholobi 30 g, Radix Cyathulae 12 g, Rhizome of Chuanxiong 12 g, Herba Lycopi 12g, Licorice Root 6 g
Gao et al. 2007	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Polygonatum Sibiricum 15 g, Schisandra Chinensis 6 g, Morinda 10 g, Cistanche 10 g, Fluoritum 15 g, Rhizome of Chuanxiong 6 g, Angelica 10 g
Jiang et al. 2013	TKABP	Prepared Radix Rehmanniae 20 g, Dodder 20 g, Chinese Yam 30 g, Cornus Officinalis 20 g, Polygonum Multiflorum 15 g, Morinda 15 g, Aerial Parts of Epimedium 15 g, Cyperus Rotundus 15 g, Eucommia 20 g, Polygonatum Sibiricum 15 g, Lycium Barbarum 15 g, Angelica 20 g, Caulis Spatholobi 20 g, Motherwort 25 g, Antler Glue 10 g
Li 2016	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Glossy Privet Fruit 15 g, Antler Glue 15 g, Cornus Officinalis 10 g, Angelica 10 g, White Peony 10 g, Rhizome of Chuanxiong 10 g, Peach Kernel 10 g, Safflower 10 g
Ma 2015	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Astragalus 15 g, Polygonum Multiflorum 15 g, Lycium Barbarum 10 g, Placenta Hominis 10 g, Angelica 10 g, Rhizome of Chuanxiong 6 g, Red Dates 5 g
Shen et al. 2013	TKABP	Prepared Radix Rehmanniae 10 g, Dodder 10 g, Turtle Shell 10 g, Polygonum Multiflorum 10 g, Cornus Officinalis 10 g, Chinese Yam 10 g, Lycium Barbarum 10 g, Dipsacus 10 g, Poria Cocos 10 g, Radix Pseudostellariae 10 g, Salvia 15 g
Wang et al. 2010	TKABP	Prepared Radix Rehmanniae 15g, Dodder 10 g, Chinese Yam 20 g, Radix Cyathulae 10 g, Lycium barbarum 10 g, Angelica 15 g, Salvia 20 g, Polygonatum Sibiricum 10 g
Wang 2010	TKABP	Prepared Radix Rehmanniae 10 g, Chinese Yam 20 g, Dodder 12 g, Glossy Privet Fruit 15 g, Aerial Parts of Epimedium 10 g, Tortoise Plastron Glue 10 g, Antler Glue 10 g, Cornus Officinalis 15 g, Eucommia 13 g + Dahuang Zhechong Pill
Wang 2015	TKABP	Prepared Radix Rehmanniae 20 g, Chinese Yam 20 g, Dodder 10 g, Glossy Privet Fruit 10 g, Lycium barbarum 15 g, Salvia 15 g, Eclipta 10 g, Placenta Hominis 12 g, Red Dates 10 g
Xia et al. 2019	TKABP	Prepared Radix Rehmanniae 12 g, Dodder 12 g, Morinda 12 g, Placenta Hominis 3 g, Aerial Parts of Epimedium 15 g, Raspberry 12 g, Astragalus 20 g, Salvia 20 g, Angelica 20 g, Dangshen 20 g
Xu et al. 2014	TKABP	Prepared Radix Rehmanniae 20 g, Dodder 15 g, Chinese Yam 15 g, Cornus Officinalis 10 g, Lycium barbarum 15 g, Motherwort 15 g, Radix Cyathulae 15 g, Dipsacus 15 g, Angelica 10 g, Poria Cocos 10 g, Tree Peony Bark 10 g
Xu et al. 2017	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 12 g, Chinese Yam 15 g, Cornus Officinalis 10 g, Lycium barbarum 12 g, Motherwort 10 g, Radix Cyathulae 10 g, Dipsacus 10 g, Poria Cocos 10 g, Tree Peony Bark 10 g, Mulberry 10 g
Xu et al. 2017*	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 12 g, Chinese Yam 15 g, Cornus Officinalis 10 g, Lycium barbarum 12 g, Motherwort 10 g, Radix Cyathulae 10 g, Dipsacus 10 g, Poria Cocos 10 g, Tree Peony Bark 10 g, Mulberry 10 g
Xu et al. 2012	TKABP	Prepared Radix Rehmanniae 20 g, Dodder 15 g, Chinese Yam 15 g, Cornus Officinalis 10 g, Lycium barbarum 15 g, Curculigo 10 g, Aerial Parts of Epimedium 10 g, Motherwort 15 g, Radix Cyathulae 15 g, Dipsacus 10 g, Poria Cocos 12 g, Herba Lycopi 10 g, Angelica 10 g, Licorice Root 3 g
Yi et al. 2008	TKABP	Prepared Radix Rehmanniae 20 g, Chinese Yam 20 g, Polygonum Multiflorum 15 g, Placenta Hominis 15 g, Eclipta 15 g, Glossy Privet Fruit 12 g, Tree Peony Bark 12 g, Red Peony Root 12 g, Peach Kernel 10 g, Safflower 6 g, Licorice Root 6 g
Zhao 2014	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 15 g, Glossy Privet Fruit 15 g, Polygonum Multiflorum 15 g, Cornus Officinalis 10 g, White Peony 15 g, Radix Cyathulae 10 g, Lycium barbarum 15 g, Dipsacus 10 g, Placenta Hominis 10 g, Angelica 15 g, Salvia 15 g
Zhao et al. 2019	TKABP	Prepared Radix Rehmanniae 15 g, Dodder 12 g, Chinese Yam 15 g, Glossy Privet Fruit 9 g, Polygonum Multiflorum 12 g, Cornus Officinalis 10 g, Lycium barbarum 12 g, Motherwort 10 g, Radix Cyathulae 10 g, Dipsacus 10 g, Angelica 9 g, Poria Cocos 10 g, Tree Peony Bark 10 g, Mulberry 10 g, Salvia 9 g, Cistanche 12 g, Eclipta 9 g
Zhong 2019	TKABP	Prepared Radix Rehmanniae 15 g, Chinese Yam 15 g, Placenta Hominis 10g, Radix Cyathulae 12 g, Angelica 15 g, Eucommia 10g, Peach Kernel 15 g, Safflower 9 g, Cornus Officinalis 10 g, Salvia 10 g, Motherwort 20 g, Licorice Root 6 g
Zhong et al. 2019	TKABP	Prepared Radix Rehmanniae 12 g, Dodder 10 g, Chinese Yam 10 g, Cornus Officinalis 10 g, Lycium barbarum 10 g, White Peony 10 g, Angelica 10 g, Rhizome of Chuanxiong 6 g, Cyperi Rhizoma 10g, Salvia 10 g, Radix Cyathulae 10 g, Licorice Root 6 g

Supplement Table 2: PRISMA checklist.

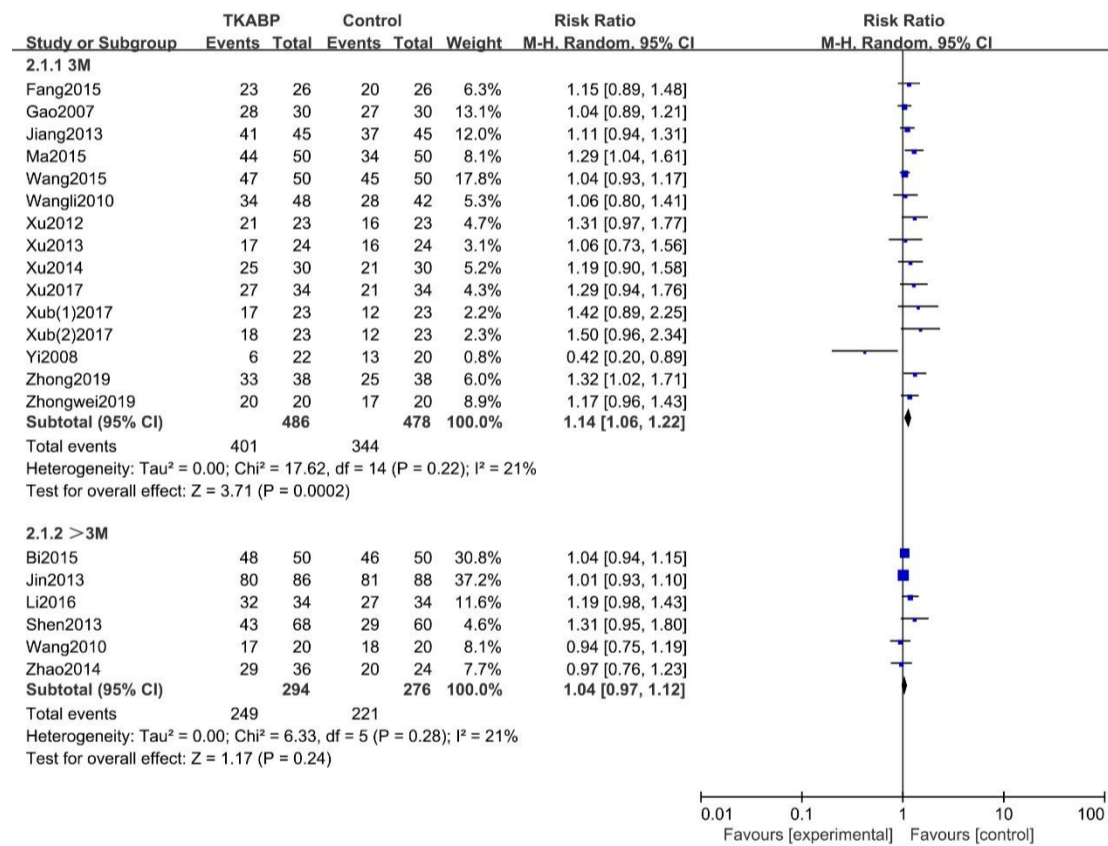
Section/Topic	#	Checklist Item	Reported on Page #
TITLE			
Title	1	Identify the report as a systematic review and meta-analysis	#1
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	#2
INTRODUCTION			

Rationale	3	Describe the rationale for the review in the context of what is already known.	#3
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	#3
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	#3
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	#3-4
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	#3-4
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	#4
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	#4-5
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	#5
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	#4-5
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	#5
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	#5
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.	#5
Section/Topic	#	Checklist Item	Reported on Page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	#5
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	#5
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	#5-6
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	#6
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	#6
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	#6-7
Synthesis of results	21	Present the main results of the review. If meta-analyses done, include for each, confidence intervals and measures of consistency.	#6-7
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	#7
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	#7
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	#8
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	#9
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	#9
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	#1

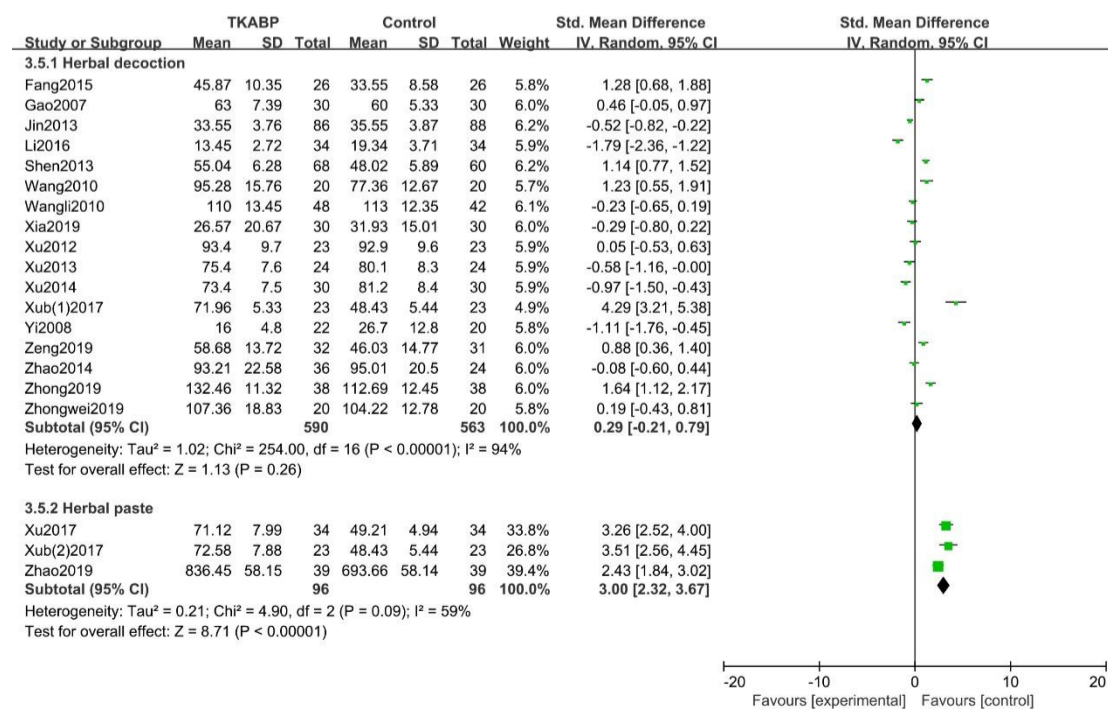
Supplement Figure 1. Subgroup analysis for total effective rate with different dosage forms.



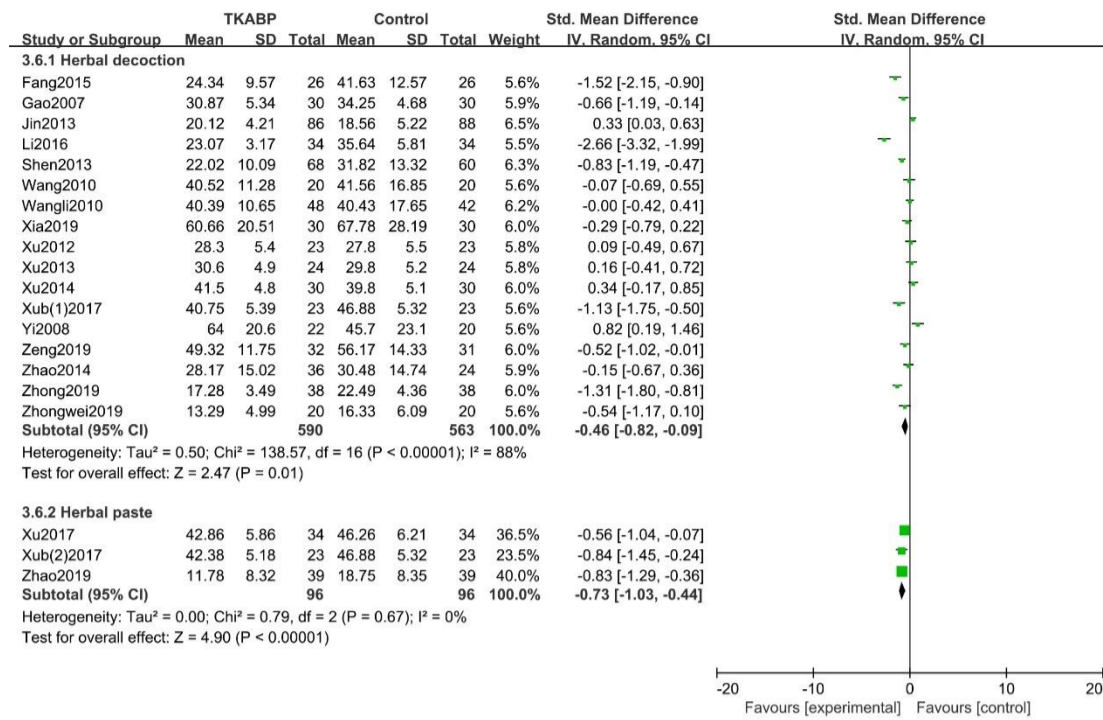
Supplement Figure 2. Subgroup analysis for total effective rate with different duration treatment.



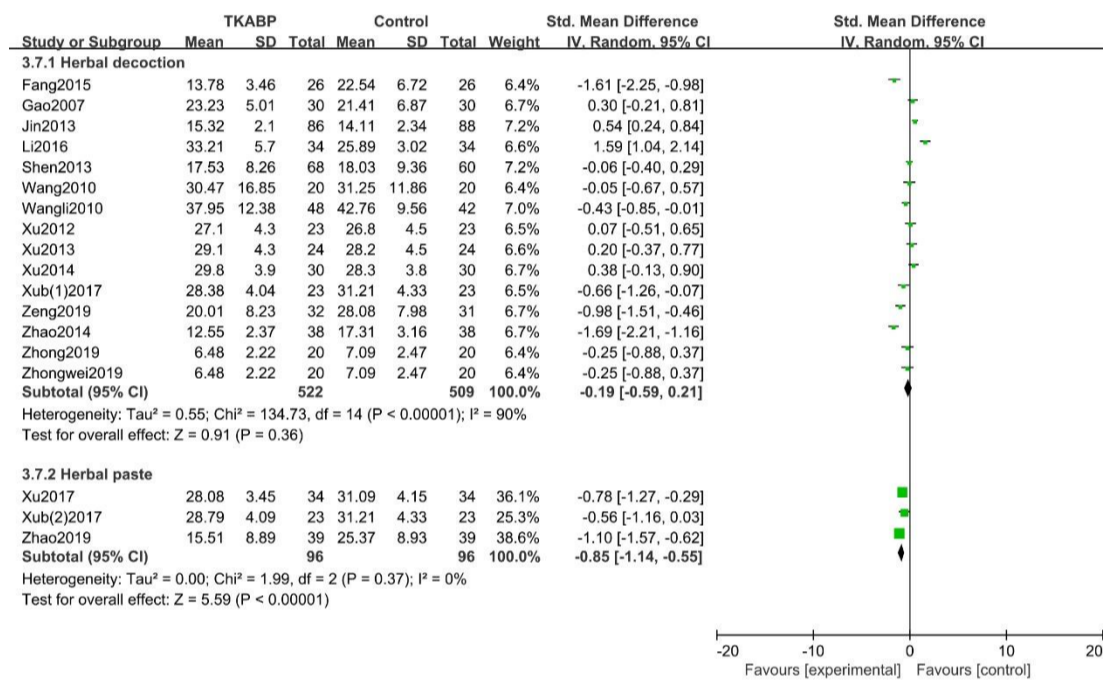
Supplement Figure 3. Subgroup analysis for E₂ with different dosage forms.



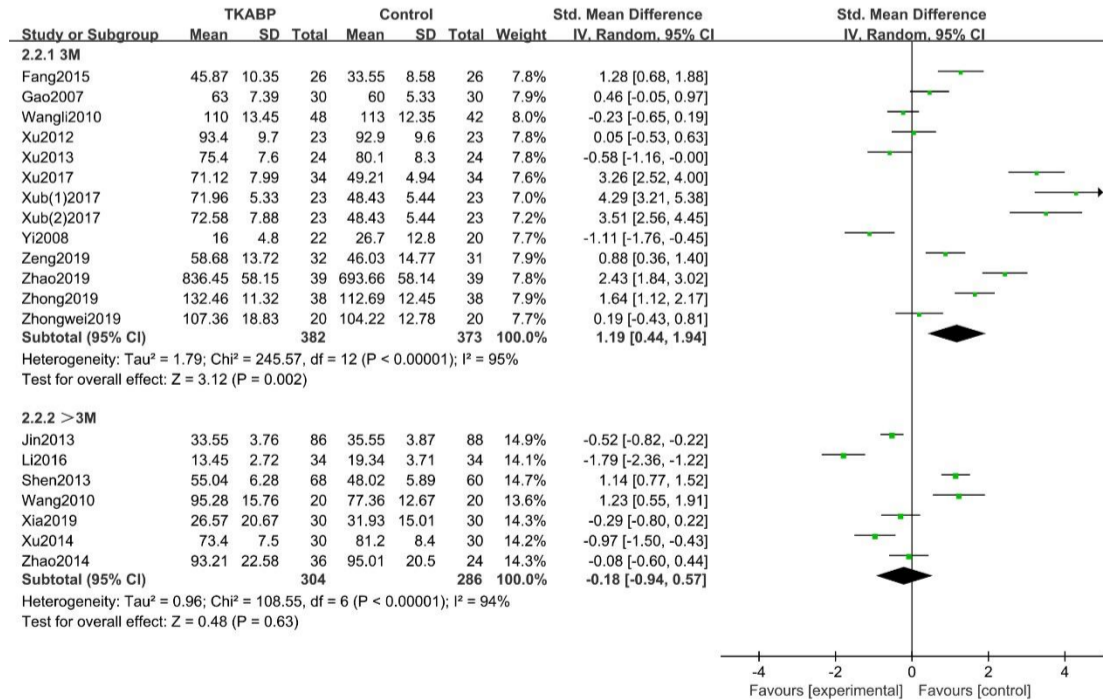
Supplement Figure 4. Subgroup analysis for FSH with different dosage forms.



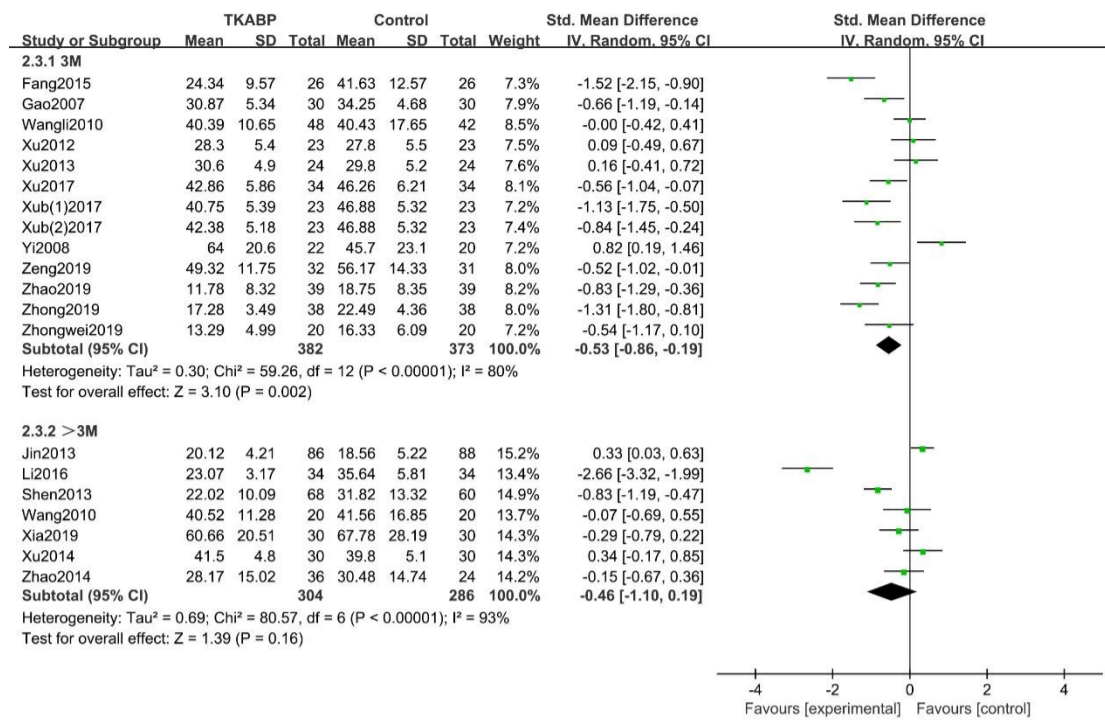
Supplement Figure 5. Subgroup analysis for LH with different dosage forms.



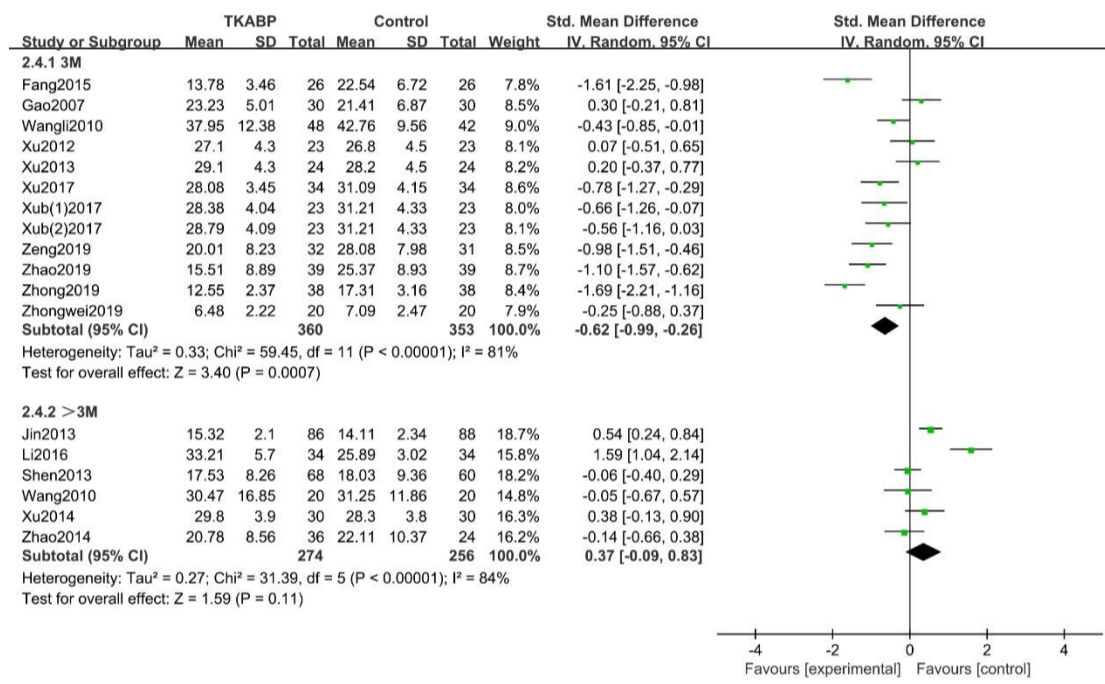
Supplement Figure 6. Subgroup analysis for E₂ with different duration treatment.



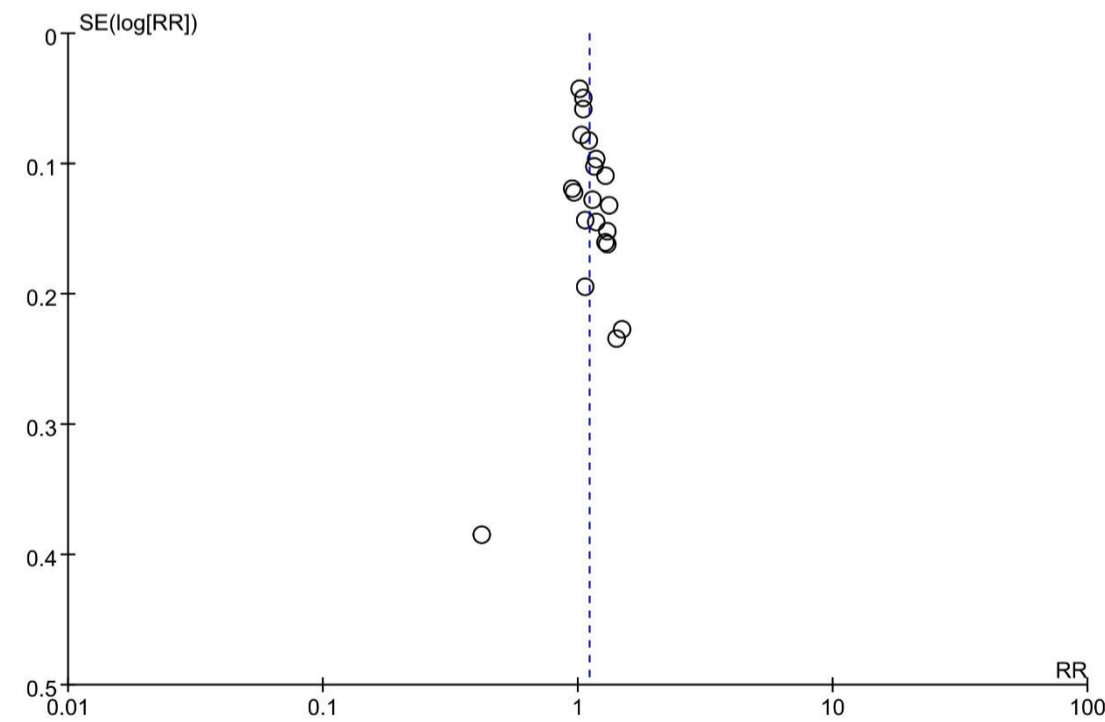
Supplement Figure 7. Subgroup analysis for FSH with different duration treatment.



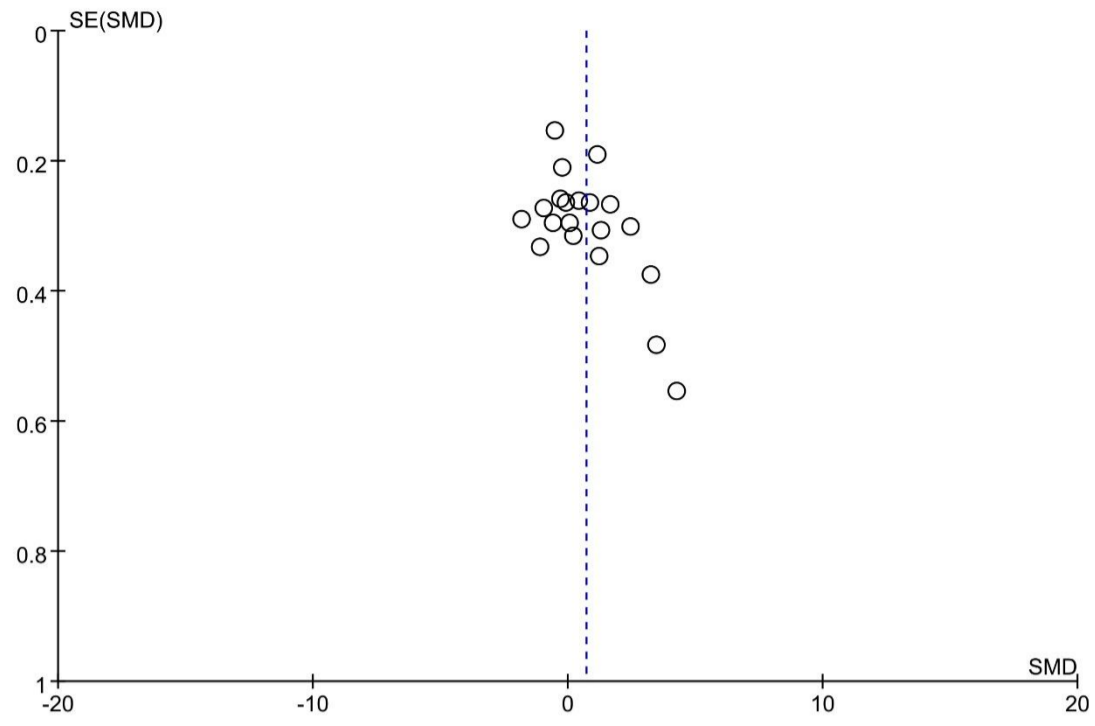
Supplement Figure 8. Subgroup analysis for LH with different duration treatment.



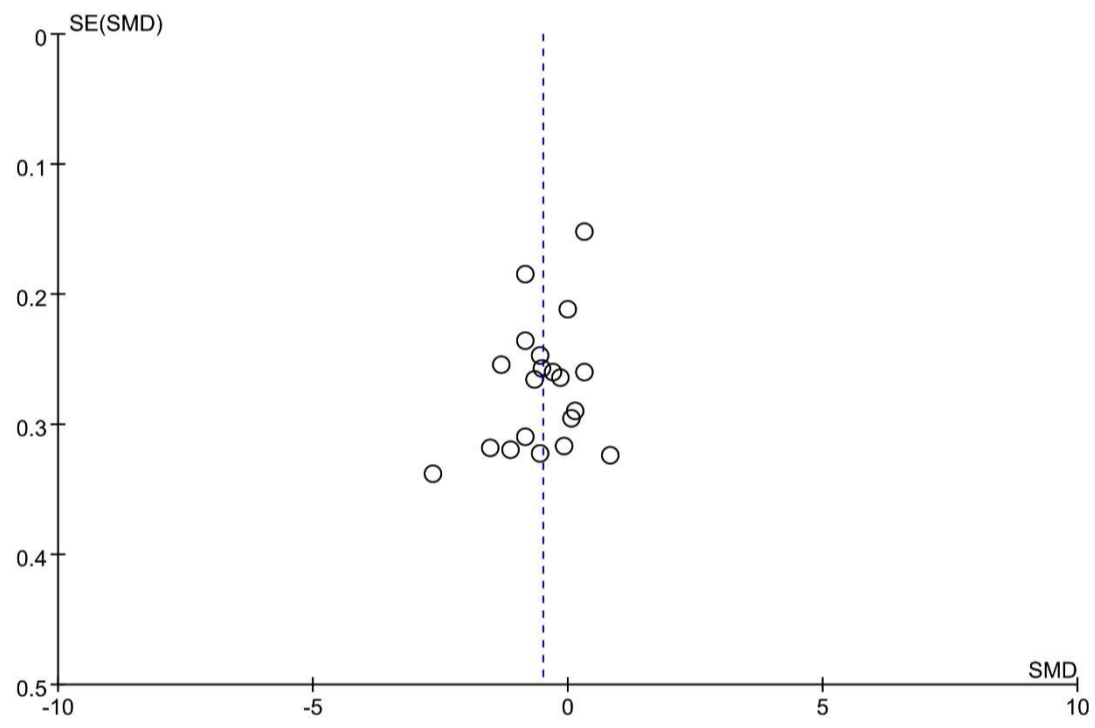
Supplement Figure 9. Funnel plot for total effective rate.



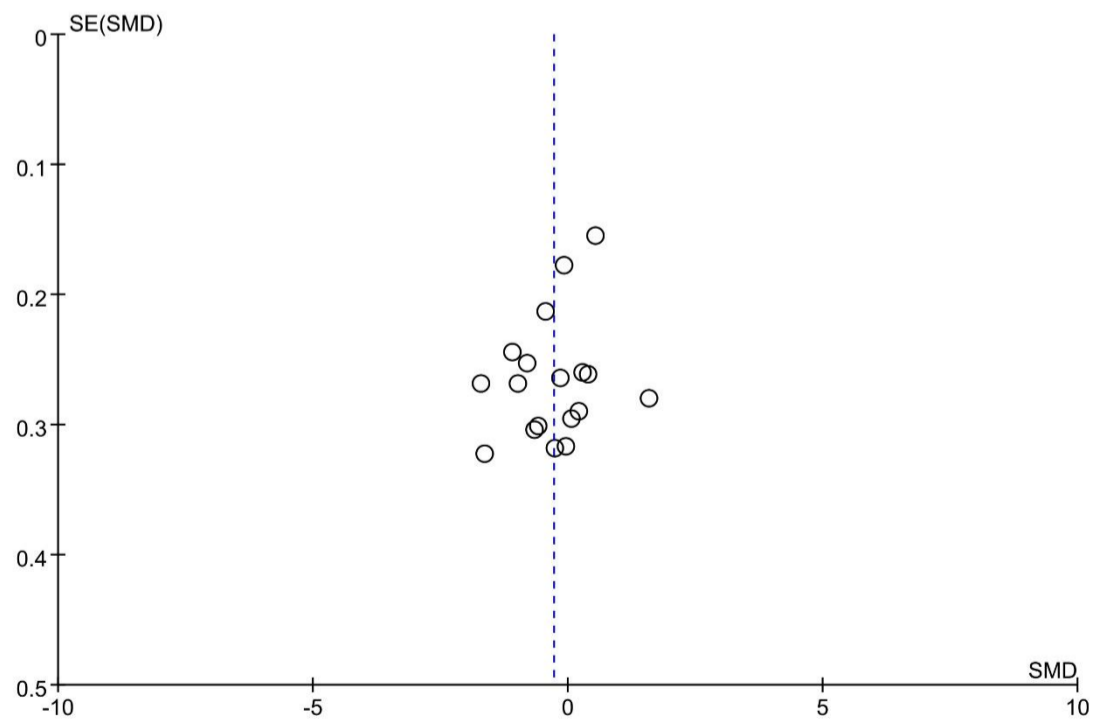
Supplement Figure 10. Funnel plot for E₂ level.



Supplement Figure 11. Funnel plot for FSH level.



Supplement Figure 12. Funnel plot for LH level.



Supplement Figure 13: Sensitivity analysis for the total effective rate.

