**SUPPLEMENTARY TABLE** **1** Ingredients and preparation quality control of JPBS therapy in included studies.

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| **Study ID** | **Prescription name** | **Species, concentration** | **Preparations** | **Quality control** | **Chemical analysis reported?(Y/N)** |
| Wang, 2012 | Jianpi Yishen Huazhuo Decoction | Astragali Radix,30g;Angelicae Sinensis Radix,10g;Codonopsis Radix,15g;Coicis Semen,15g;PolygoniMultiflori Radix,15g;Rehmanniae radix,15g;AsiniCoriiColla,10g;Lycium Barbarum,15g;Paeoniae Radix Alba,10g;Chuanxiong Rhizoma,10g;Radix Salviae,15g;Placenta Hominis,6g;Citrus Reticulata,10g;Arum Ternatum Thunb,10g;Colla Cornus Cervi,10g;Radix Rhei Et Rhizome,6g | Decoction | Hospital preparation | N |
| Du, 2017 | Bupi Qiangshen Shengxue Decoction | Ginseng Radix,30g;Astragali Radix,30g;Atractylodis Macrocephalae Rhizoma,20g;Dioscorea Opposita,30g;Lycium Barbarum,20g;RehmanniaeRadix,15g;Citrus Reticulata,15g;Angelicae Sinensis Radix,15g;Cuscutae Semen,15g;Poria,15g;Licorice,10g | Decoction | Hospital preparation | N |
| Li et al., 2003 | Bushen Jianpi Formula | Ginseng Radix;Astragali Radix;LigustriLucidi Fructus;EcliptaeHerba;Lycium Barbarum;Angelicae Sinensis Radix;Radix Rhei Et Rhizome | Decoction | Hospital preparation | N |
| Qu, 2011 | Jianpi Bushen Formula | Astragali Radix;Codonopsis Radix;Angelicae Sinensis Radix;Atractylodis Macrocephalae Rhizoma;Poria;PolygoniMultiflori Radix;CistanchesHerba;Cuscutae Semen;Halloysitum Rubrum;Forsythiae Fructus;Arum Ternatum Thunb;LeonuriHerba;Radix Salviae | Decoction | Hospital preparation | N |
| Zhang, 2017 | Yishen Jianpi Huazhuo Formula | Astragali Radix,20g;Codonopsis Radix,15g;Rehmanniae radix,15g;Angelicae Sinensis Radix,15g;Dioscoreae Rhizoma,15g;Atractylodis Macrocephalae Rhizoma,15g;Corni Fructus,15g;Lycium Barbarum,20g;Poria,20g;Amomum Aurantiacum,10g;Eupatorium Fortunei Turcz,15g;Coicis Semen,15g;Licorice,10g | Decoction | Hospital preparation | N |
| Liu, 2013 | Yishen Jianpi Decoction | Astragali Radix,30g;RehmanniaeRadix,20g;Codonopsis Radix,20g;Atractylodis Macrocephalae Rhizoma,15g;Poria,15g;Paeoniae Radix Alba,15g;Lycium Barbarum,15g;Cuscutae Semen,15g;Radix Salviae,30g;Angelicae Sinensis Radix,20g;Licorice,6g | Decoction | Hospital preparation | N |
| Li, 2016 | Wenshen Bupi Shengxue Paste | Cuscutae Semen,400g;CistanchesHerba,400g;Morindae Officinalis Radix,400g;Atractylodis Macrocephalae Rhizoma,400g;Poria,300g;Codonopsis Radix,300g;Astragali Radix,600g;Angelicae Sinensis Radix,400g;ZiziphiSpinosae Semen,300g;Licorice,100g;Citrus Reticulata,300g;Arum Ternatum Thunb,300g;Amomum Aurantiacum,100g | Paste | Hospital preparation | N |
| Bao et al., 2008 | Jianpi Yishen Xiezhuo Formula | Codonopsis Radix,30g;Radix Salviae,30g;Astragali Radix,30g;Lycium Barbarum,20g;Angelicae Sinensis Radix,15g;Poria,15g;Atractylodis Macrocephalae Rhizoma,15g;CistanchesHerba,15g;Chuanxiong Rhizoma,10g;Arum Ternatum Thunb,10g;Perillae Folium,10g;Radix Rhei Et Rhizome,10g;Amomum Aurantiacum,4g | Decoction | Hospital preparation | N |
| Wang, 2013 | Jianpi Yishen Shengxue Formula | Astragali Radix,60g;Codonopsis Radix,30g;Atractylodis Macrocephalae Rhizoma,20g;Dioscoreae Rhizoma,30g;Lycium Barbarum,15g;RehmanniaeRadix,15g;Angelicae Sinensis Radix,15g;Cuscutae Semen,15g;Citrus Reticulata,15g;Poria,15g;Licorice,10g | Decoction | Hospital preparation | N |
| Cheng et al., 2005 | Jianpi Bushen Xiezhuo Formula | HedyotisDiffusaeHerba,30g;Astragali Radix,20g;Radix Salviae,20g;LeonuriHerba,20g;Rehmanniae Radix,10g;Angelicae Sinensis Radix,10g;Poria,10g;LigustriLucidi Fructus,10g;Radix Rhei Et Rhizome,10g | Decoction | Hospital preparation | N |
| Zhou et al., 2008 | Bushen Jianpi Formula | Codonopsis Radix,30g;Astragali Radix,30g;LigustriLucidi Fructus,20g;EcliptaeHerba,20g;Angelicae Sinensis Radix,20g;Lycium Barbarum,15g;Radix Rhei Et Rhizome,6g | Decoction | Hospital preparation | N |
| Liang, 2009 | Bupi Yishen Shengxue Formula | Codonopsis Radix,15g;Astragali Radix,15g;Coicis Semen,15g;Angelicae Sinensis Radix,12g;RehmanniaeRadix,12g;EpimrdiiHerba,12g;Lycium Barbarum,12g;Spatholobus Suberectus Dunn,25g;Radix Rhei Et Rhizome,5g | Decoction | Hospital preparation | N |