

Additional File 1. Search strategies

1. Pubmed:

#1 Search: ((Colorectal Neoplasms[MeSH Terms]) OR (colonic neoplasms[MeSH Terms])) OR (rectal neoplasms[MeSH Terms])

#2 Search: (((((((((((((((((((((((((((((((large intestine tumor[Title/Abstract]) OR (large intestine cancer[Title/Abstract])) OR (colorectal tumor[Title/Abstract])) OR (colorectal cancer[Title/Abstract])) OR (colorectal carcinoma[Title/Abstract])) OR (Colorectal Neoplasms[Title/Abstract])) OR (Colorectal Neoplasm[Title/Abstract])) OR (Colorectal Carcinoma[Title/Abstract])) OR (Colorectal Carcinomas[Title/Abstract])) OR (Colorectal Cancers[Title/Abstract])) OR (Colorectal Tumors[Title/Abstract])) OR (Colonic Neoplasms[Title/Abstract])) OR (Colonic Neoplasm[Title/Abstract])) OR (Colon Neoplasm[Title/Abstract])) OR (Colon Neoplasms[Title/Abstract])) OR (Cancer of Colon[Title/Abstract])) OR (Colon Cancers[Title/Abstract])) OR (Cancer of the Colon[Title/Abstract])) OR (Colonic Cancer[Title/Abstract])) OR (Colonic Cancers[Title/Abstract])) OR (Colon Cancer[Title/Abstract])) OR (Rectal Neoplasms[Title/Abstract])) OR (Rectal Neoplasm[Title/Abstract])) OR (Rectum Neoplasms[Title/Abstract])) OR (Rectum Neoplasm[Title/Abstract])) OR (Rectal Tumors[Title/Abstract])) OR (Rectal Tumor[Title/Abstract])) OR (Cancer of Rectum[Title/Abstract])) OR (Rectum Cancers[Title/Abstract])) OR (Rectal Cancer[Title/Abstract])) OR (Rectal Cancers[Title/Abstract])) OR (Rectum Cancer[Title/Abstract])) OR (Cancer of the Rectum[Title/Abstract]))

#3 Search: #1 OR #2

#4 Search: (Medicine, Chinese Traditional[MeSH Terms]) OR (Drugs, Chinese Herbal[MeSH Terms])

#5 Search: (((((((((((((((((((((((((((((((Traditional Chinese Medicine[Title/Abstract]) OR (Medicine, Chinese Traditional[Title/Abstract])) OR (Traditional Medicine, Chinese[Title/Abstract])) OR (Chinese Traditional Medicine[Title/Abstract])) OR (Chinese Medicine, Traditional[Title/Abstract])) OR (Drugs, Chinese Herbal[Title/Abstract])) OR (Chinese Drugs, Plant[Title/Abstract])) OR (Chinese Herbal Drugs[Title/Abstract])) OR (Herbal Drugs, Chinese[Title/Abstract])) OR (Brucea javanica Oil[Title/Abstract])) OR (Kangai Injection[Title/Abstract])) OR (Aidi Injection[Title/Abstract])) OR (Xiaoaping injection[Title/Abstract])) OR (ShenQi FuZheng injection[Title/Abstract])) OR (Compound Kushen injection[Title/Abstract])) OR (Shenfu injection[Title/Abstract])) OR (Kanglaite Injection[Title/Abstract])) OR (Astragalus injection[Title/Abstract]) OR (zhenqi fuzheng[Title/Abstract])) OR (weimaining[Title/Abstract])) OR (tongguanteng[Title/Abstract])) OR (zhenqi capsule[Title/Abstract])) OR (shenlian capsule[Title/Abstract])) OR (pingxiao capsule)

#6 Search: #4 OR #5

#7 Search: (Systematic Review[Publication Type]) OR (Meta-Analysis[Publication Type])

#8 Search: ((Meta-Analysis[MeSH Terms]) OR (Meta-Analysis as Topic[MeSH Terms])) OR (Systematic Reviews as Topic[MeSH Terms])

#9 Search: (((((((((((((((((((((((((((((((Meta analysis[Title/Abstract]) OR (meta-analysis[Title/Abstract])) OR (meta analyses[Title/Abstract])) OR (meta-analyses[Title/Abstract])) OR (Metaanalysis[Title/Abstract])) OR (metaanalyses[Title/Abstract])) OR (Data Pooling[Title/Abstract])) OR (Data Poolings[Title/Abstract])) OR (Clinical Trial Overviews[Title/Abstract])) OR (Overview, Clinical Trial[Title/Abstract])) OR (Systematic Review[Title/Abstract])) OR (Systematic Reviews[Title/Abstract]))

#10 Search: #7 OR #8 OR #9

#11 Search: #3 AND #6 AND #10

2. Cochrane:

1 MeSH descriptor: [Colorectal Neoplasms] explode all trees

#2 (large intestine tumor):ti,ab,kw OR (large intestine cancer):ti,ab,kw OR (colorectal tumor):ti,ab,kw OR (colorectal cancer):ti,ab,kw OR (colorectal carcinoma):ti,ab,kw OR (Colorectal Neoplasms):ti,ab,kw OR (Colorectal Neoplasm):ti,ab,kw OR (Colorectal Carcinoma):ti,ab,kw OR (Colorectal Carcinomas):ti,ab,kw OR (Colorectal Cancers):ti,ab,kw OR (Colorectal Tumors):ti,ab,kw OR (Colonic Neoplasms):ti,ab,kw OR (Colonic Neoplasm):ti,ab,kw OR (Colon Neoplasm):ti,ab,kw OR (Colon Neoplasms):ti,ab,kw OR (Cancer of Colon):ti,ab,kw OR (Colon Cancers):ti,ab,kw OR (Cancer of the Colon):ti,ab,kw OR (Colonic Cancer):ti,ab,kw OR (Colonic Cancers):ti,ab,kw OR (Colon Cancer):ti,ab,kw OR (Rectal Neoplasms):ti,ab,kw OR (Rectal Neoplasm):ti,ab,kw OR (Rectum Neoplasms):ti,ab,kw OR (Rectum Neoplasm):ti,ab,kw OR (Rectal Tumors):ti,ab,kw OR (Rectal Tumor):ti,ab,kw OR (Cancer of Rectum):ti,ab,kw OR (Rectum Cancers):ti,ab,kw OR (Rectal Cancer):ti,ab,kw OR (Rectal Cancers):ti,ab,kw OR (Rectum Cancer):ti,ab,kw OR (Cancer of the Rectum):ti,ab,kw

#3 #1 OR #2

#4 MeSH descriptor: [Medicine, Chinese Traditional] explode all trees

#5 MeSH descriptor: [Drugs, Chinese Herbal] explode all trees

#6 (Traditional Chinese Medicine):ti,ab,kw OR (Medicine, Chinese Traditional):ti,ab,kw OR (Traditional Medicine, Chinese):ti,ab,kw OR (Chinese Traditional Medicine):ti,ab,kw OR (Chinese Medicine, Traditional):ti,ab,kw OR (Drugs, Chinese Herbal):ti,ab,kw OR (Chinese Drugs, Plant):ti,ab,kw OR (Chinese Herbal Drugs):ti,ab,kw OR (Herbal Drugs, Chinese):ti,ab,kw OR (Brucea javanica Oil):ti,ab,kw OR (Kangai Injection):ti,ab,kw OR (Aidi Injection):ti,ab,kw OR (Xiaoaping injection):ti,ab,kw OR (ShenQi FuZheng injection):ti,ab,kw OR (Compound Kushen injection):ti,ab,kw OR (Shenfu injection):ti,ab,kw OR (Kanglaite Injection):ti,ab,kw OR (Astragalus injection):ti,ab,kw OR (zhenqi fuzheng):ti,ab,kw OR (weimaining):ti,ab,kw OR (kanglixin):ti,ab,kw OR (tongguanteng):ti,ab,kw OR (zhenqi capsule):ti,ab,kw OR (shenlian capsule):ti,ab,kw OR (pingxiao capsule):ti,ab,kw

#7 #4 OR #5 OR #6

#8 #3 AND #7

3. EMbase:

#1 'large intestine tumor'/exp

#2 'large intestine cancer':ti,ab,kw OR 'large intestine tumor':ti,ab,kw OR 'colorectal tumor':ti,ab,kw OR 'colorectal cancer':ti,ab,kw OR 'colorectal carcinoma':ti,ab,kw OR 'colorectal neoplasms':ti,ab,kw OR 'colorectal neoplasm':ti,ab,kw OR 'colorectal carcinomas':ti,ab,kw OR 'colorectal cancers':ti,ab,kw OR 'colorectal tumors':ti,ab,kw OR 'colon tumor':ti,ab,kw OR 'colon cancer':ti,ab,kw OR 'colon carcinoma':ti,ab,kw

OR 'colon neoplasms':ti,ab,kw OR 'colon neoplasm':ti,ab,kw OR 'colon cancers':ti,ab,kw OR 'colonic cancer':ti,ab,kw OR 'colonic cancers':ti,ab,kw OR 'colonic neoplasms':ti,ab,kw OR 'colonic neoplasm':ti,ab,kw OR 'rectum carcinoma':ti,ab,kw OR 'rectal neoplasms':ti,ab,kw OR 'rectal neoplasm':ti,ab,kw OR 'rectum neoplasms':ti,ab,kw OR 'rectum neoplasm':ti,ab,kw OR 'rectal tumors':ti,ab,kw OR 'rectal tumor':ti,ab,kw OR 'rectum cancers':ti,ab,kw OR 'rectum cancer':ti,ab,kw OR 'rectal cancer':ti,ab,kw OR 'rectal cancers':ti,ab,kw

#3 #1 OR #2

#4 'chinese medicine'/exp OR 'herbal medicine'/exp

#5 'chinese medicine':ti,ab,kw OR 'medicine, chinese traditional':ti,ab,kw OR 'traditional chinese medicine':ti,ab,kw OR 'chung i hsueh':ti,ab,kw OR 'hsueh, chung i':ti,ab,kw OR 'traditional medicine, chinese':ti,ab,kw OR 'zhong yi xue':ti,ab,kw OR 'chinese traditional medicine':ti,ab,kw OR 'chinese medicine, traditional':ti,ab,kw OR 'chinese drug':ti,ab,kw OR 'chinese medicinal formula':ti,ab,kw OR 'herbal medicine':ti,ab,kw OR 'drugs, chinese herbal':ti,ab,kw OR 'chinese drugs, plant':ti,ab,kw OR 'chinese herbal drugs':ti,ab,kw OR 'herbal drugs, chinese':ti,ab,kw OR 'plant-based medicine':ti,ab,kw OR 'chinese medicine injection':ti,ab,kw OR 'Traditional Chinese Medicine':ti,ab,kw OR 'Medicine, Chinese Traditional':ti,ab,kw OR 'Traditional Medicine, Chinese':ti,ab,kw OR 'Chinese Traditional Medicine':ti,ab,kw OR 'Chinese Medicine, Traditional':ti,ab,kw OR 'Drugs, Chinese Herbal':ti,ab,kw OR 'Chinese Drugs, Plant':ti,ab,kw OR 'Chinese Herbal Drugs':ti,ab,kw OR 'Herbal Drugs, Chinese':ti,ab,kw OR 'Brucea javanica Oil':ti,ab,kw OR 'Kangai Injection':ti,ab,kw OR 'Aidi Injection':ti,ab,kw OR 'Xiaoaping injection':ti,ab,kw OR 'ShenQi FuZheng injection':ti,ab,kw OR 'Compound Kushen injection':ti,ab,kw OR 'Shenfu injection':ti,ab,kw OR 'Kanglaite Injection':ti,ab,kw OR 'Astragalus injection':ti,ab,kw OR 'zhenqi fuzheng':ti,ab,kw OR 'weimaining':ti,ab,kw OR 'kanglixin':ti,ab,kw OR 'tongguanteng':ti,ab,kw OR 'zhenqi capsule':ti,ab,kw OR 'shenlian capsule':ti,ab,kw OR 'pingxiao capsule':ti,ab,kw

#6 #4 OR #5

#7 'systematic review'/exp OR 'meta analysis'/exp

#8 'systematic review':ti,ab,kw OR 'meta analysis':ti,ab,kw OR 'meta analysis':ti,ab,kw OR 'meta analyses':ti,ab,kw OR metaanalysis:ti,ab,kw OR metaanalyses:ti,ab,kw OR 'data pooling':ti,ab,kw OR 'data poolings':ti,ab,kw OR 'clinical trial overviews':ti,ab,kw OR 'clinical trial overview':ti,ab,kw OR 'systematic review':ti,ab,kw OR 'systematic reviews':ti,ab,kw

#9 #7 OR #8

#10 #3 AND #6 AND #9

4. CNKI (in Chinese)

SU=('结肠癌'+ '直肠癌'+ '结直肠癌'+ '大肠癌'+ '肠癌') and SU=('中医药'+ '中医'+ '中药'+ '中草药'+ '鸦胆子油'+ '艾迪'+ '消癌平'+ '参芪扶正'+ '贞芪扶正'+ '康艾'+ '复方苦参'+ '参附'+ '康莱特'+ '黄芪注射液'+ '威麦宁'+ '康力欣'+ '复方红豆杉'+ '通关藤'+ '芪珍胶囊'+ '参莲胶囊'+ '平消胶囊') and SU=('系统评价'+ '系统综述'+ 'meta 分析'+ '荟萃分析')

5. 万方 (in Chinese)

(主题:(“结肠癌”) OR 主题:(“直肠癌”) OR 主题:(“结直肠癌”) OR 主题:(“大肠癌”) OR 主题:(“肠癌”)) and (主题:(“中医药”) OR 主题:(“中医”) OR 主题:(“中药”) OR 主题:(“中草药”) OR 主题:(“鸦胆子油”) OR 主题:(“艾迪”) OR 主题:(“消癌平”) OR 主题:(“参芪扶正”) OR 主题:(“贞芪扶正”) OR 主题:(“康艾”) OR 主题:(“复方苦参”) OR 主题:(“参附”) OR 主题:(“康莱特”) OR 主题:(“黄芪注射液”) OR 主题:(“威麦宁”) OR 主题:(“康力欣”) OR 主题:(“复方红豆杉”) OR 主题:(“通关藤”) OR 主题:(“芪珍胶囊”) OR 主题:(“参莲胶囊”) OR 主题:(“平消胶囊”)) and (主题:(“系统评价”) OR 主题:(“系统综述”) OR 主题:(“Meta 分析”) OR 主题:(“荟萃分析”))

6. VIP (in Chinese)

(SU=结直肠癌 OR SU=结肠癌 OR SU=直肠癌 OR SU=大肠癌 OR SU=肠癌) AND (SU=中医药 OR SU=中医 OR SU=中草药 OR SU=中药 OR SU=鸦胆子油 OR SU=艾迪 OR SU=消癌平 OR SU=参芪扶正 OR SU=贞芪扶正 OR SU=康艾 OR SU=复方苦参 OR SU=参附 OR SU=康莱特 OR SU=黄芪注射液 OR SU=威麦宁 OR SU=康力欣 OR SU=复方红豆杉 OR SU=通关藤 OR SU=芪珍胶囊 OR SU=参莲胶囊 OR SU=平消胶囊) AND (SU=系统评价 OR SU=系统综述 OR SU=Meta 分析 OR SU=荟萃分析)

Supplementary Table 1 Characteristics of included SRs.

Author, year	Included study types	No. of included studies (Participants)	Patients	Intervention		Methodological quality assessment	Outcomes
				Treatment	Control		
Administration of CHM for reducing postoperative complications							
Zhang and Cao, 2022	RCT	40 (3486)	Postoperative CRC	Oral administration of CHM + usual care	usual care	Cochrane criteria RoB	Time to first bowel sound; time to first anal flatus; time to first defecation; AEs
Hu QC, et al., 2020	RCT	6 (528)	Postoperative RC	Enema therapies of CHM + usual care	usual care	Cochrane criteria RoB	Time to first bowel sound; time to first anal flatus; time to first defecation; AEs
Li KX, 2021	RCT	15 (819)	Postoperative RC	Oral administration of CHM; Oral administration of CHM + usual care	Conventional treatment	Cochrane criteria RoB	Clinical effective rate; Symptom Scale of LARS; QLQ-C30; Recurrence of LARS; AEs
Adjuvant chemotherapy combined with CHM							
Guo KB, et al., 2017	RCT	7 (700)	Postoperative CRC of stage II-III	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Recurrence rate of 1-, 2-, 3-, 5-year; RFS; KPS score
Ge JZ, 2009	RCT; CCT	9 (715)	Postoperative CRC	CHM + chemotherapy; oral administration of CHM	Chemotherapy;blank control	Self-designed method	Survival rate of 1-, 2-, 3-, 5-year; recurrence rate of 1-, 2-, 3-, 5-year; KPS score; AEs
Liu NN, et al., 2017	RCT	12 (900)	Postoperative CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-, 3-, 5-year; QOL improvement; AEs
Tang M, et al., 2022	RCT	17 (1842)	Postoperative CRC	Oral administration of CHM + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Cochrane criteria RoB	Recurrence rate of 1-, 2-, 3-, 5-year
Luo L, 2005	RCT; CCT	6 (590)	Postoperative CRC	CHM + chemotherapy; oral administration of CHM	Chemotherapy; blank control	Self-designed method	Survival rate of 1-, 3-, 5-year; recurrence rate of 2-, 3-year
Zhao N, 2021	RCT	34 (2282)	Postoperative CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	KPS; AEs
Shi Q, et al., 2015	RCT	8 (449)	Postoperative CRC	Oral administration of CHM + FOLFOX4 chemotherapy	FOLFOX4 Chemotherapy	-	KPS; AEs
Zhang MX, et al., 2015	RCT	11 (859)	Postoperative CRC	CHM + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Cochrane criteria RoB	AEs; KPS

Yan SH, et al., 2021a	RCT	37 (2705)	Postoperative CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs
Zhang JK, et al., 2022	RCT	17 (1281)	Postoperative CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs; KPS
Administration of CHM for advanced CRC							
Qi YM, et al., 2014	RCT	10 (867)	CRC of stage III-IV	Oral administration of CHM + chemotherapy	Chemotherapy	-	Survival rate of 1-, 2-, 3-, 4-, 5-year
Cai YY and Xie, 2020	RCT	10 (572)	CRLM	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; survival rate of 1-year; QoL(FACT-C v4.0); KPS; AEs
Li HJ, et al., 2016	RCT	19 (941)	CRC of stage IV or Duke's D	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-, 3-year; tumor response; KPS; AEs
Xu XH, et al., 2022	RCT	38 (1978)	CRC of stage IV or Duke's D	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-, 4-year; tumor response; KPS; AEs
Liu SS, et al., 2017	RCT	9 (416)	CRC of stage IV	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Mo LL, et al., 2016	RCT	7 (383)	Advanced CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response
Wang LF, et al., 2014	RCT	23 (1346)	Advanced CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; AEs
Li CH, et al., 2012	RCT; CCT	14 (1081)	Advanced CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Jadad	Survival rate of 6-month; survival rate of 1-, 2-, 3-, 4-, 5-year
Zhang G, et al., 2020	RCT	13 (964)	Advanced CRC	Oral administration of CHM + capecitabine	Capecitabine	Cochrane criteria RoB	Tumor response; KPS; AEs
Yang Y, et al., 2017	RCT	12 (894)	CRC of stage III-IV	CKi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Ma JL, et al., 2016	RCT	19 (1404)	CRC of stage III-IV or Duke's C-D	CKi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Yu LX, et al., 2017	RCT	14 (1145)	CC of stage III-IV	CKi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs

Zhou T, et al., 2022	RCT	34 (2664)	CRC of stage III-IV or Duke's C-D	CKi + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Liu WB, et al., 2016	RCT	20 (1614)	Advanced CRC	CKi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Li WX, 2019	RCT	8 (653)	Advanced CRC	ADi + FOLFIRI chemotherapy	FOLFIRI Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Hu SH, et al., 2022	RCT	18 (1515)	Advanced CRC	ADi + FOLFOX4 chemotherapy	FOLFOX4 Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Li, and Lin, 2016	RCT	14 (1062)	CRC of stage III-IV	ADi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Wei Y, et al., 2019	RCT	17 (1355)	Advanced CRC	BJOEi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; AEs
Peng YY, et al., 2020	RCT	16 (1432)	Advanced CRC	BJOEi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Wang S, et al., 2022	RCT	12 (873)	CRC of stage III-IV	SQFZi + first-line chemotherapy	First-line Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Fan WX, et al., 2018	RCT	6 (328)	Advanced CRC	KLTi + chemotherapy	Chemotherapy	Jadad	Tumor response; Pain status; AEs
Zhao J, et al., 2018	RCT	4 (278)	Advanced CRC	XAPi + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Huang SQ, et al., 2019	RCT	28 (2310)	Advanced CRC	KAi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Min, and Ma, 2014	RCT	19 (1280)	Advanced CRC	CHM + chemotherapy	Chemotherapy	Jadad	Tumor response
Miao WR, et al., 2018	RCT	20 (-)	Advanced CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Wang and Zhang, 2017	RCT	20 (1130)	Advanced CRC	CHM + chemotherapy	Chemotherapy	Jadad	Tumor response; AEs
Liu, and Zhu, 2014	RCT; CCT	13 (781)	CRC of stage IV	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; survival rate of 1-year; KPS

Chen M, et al., 2013	RCT	13 (940)	CRC of stage IV	CHM + FOLFOX4 chemotherapy	FOLFOX4 chemotherapy	Cochrane criteria RoB	Tumor response; survival rate of 1-year; Median OS; Median PFS; KPS; Body weight; AEs
Chen ZX, 2005	RCT	4 (312)	CRC of stage III-IV	CHM + chemotherapy	Chemotherapy	Self-designed method	survival rate of 3-year; Tumor response; KPS; AEs
Wu JY, et al., 2024	RCT	16 (1378)	CRC of stage III-IV	CKi + chemotherapy	Chemotherapy	RoB 2	Tumor response; Median OS; Median PFS; KPS; AEs
Li Z, et al., 2023	RCT	50 (3175)	Metastatic CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Administration of CHM for reducing chemotherapy-related AEs							
Liu, and Zhu, 2009	RCT	6 (334)	CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs
Yan SH, et al., 2021b	RCT	27 (1867)	CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs
Chen YY, et al., 2021	RCT	22 (1995)	CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs
Liu YH, et al., 2018	RCT	63 (4286)	CRC	Oral or topical administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	AEs
Administration of CHM for CRC without restrictions of stage or status							
Zhang YL, et al., 2014	RCT	27 (2026)	CRC	CHM + chemotherapy	Chemotherapy	-	Tumor response; KPS; AEs
Zhou MM, et al., 2017	RCT	23 (2036)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Chen YN, 2017	RCT	20 (1577)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; AEs
Ma YL, et al., 2022	RCT	15 (1078)	CRC	Oral administration of SLBZF + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs

Wu J, 2019	RCT	20 (1351)	CRC	Oral administration of CHM + FOLFOX4 chemotherapy	FOLFOX4 Chemotherapy	Cochrane criteria RoB; Jadad	Tumor response; KPS; AEs
Li J, et al., 2017	RCT	7 (409)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Chen WT, et al., 2015	RCT; CCT	12 (866)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Jadad	Survival rate of 1-, 3-, 5-year; tumor response; KPS;
Chen WT, et al., 2014	RCT; CCT	9 (632)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-, 3-year; tumor response; KPS;
Zhao XZ, et al., 2020	RCT	17 (1015)	CRC	Oral administration of CHM + FOLFOX chemotherapy	FOLFOX Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zhao XZ, et al., 2022	RCT	17 (1147)	CRC	Oral administration of CHM + XELOX chemotherapy	XELOX Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Wu XB, 2022	RCT	56 (4279)	CC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB; Jadad	Tumor response; KPS; AEs
Zhang SL, 2020	RCT	70 (4825)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB; Jadad	Tumor response; KPS; AEs
Sun Y, 2020	RCT	48 (3471)	CRC	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	OS; PFS; Tumor response; KPS; AEs
Zhang SQ, et al., 2021	RCT	6 (408)	CRC	Quxie capsule + standard therapy	Standard therapy	Cochrane criteria RoB	Recurrence rate of 1-, 2-, 3-year; KPS score; AEs
Yu BW, et al., 2016	RCT	17 (1298)	CRC	CKi + chemotherapy or radiotherapy	Chemotherapy or radiotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Yuan SY, et al., 2023	RCT	10 (916)	CRC	CKi + FOLFOX4 chemotherapy	FOLFOX4 chemotherapy	Cochrane criteria RoB	Tumor response; AEs
Wang YQ, et al., 2021	RCT	23 (1748)	CRC	CKi + FOLFOX chemotherapy	FOLFOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs

Wu ZL, et al., 2017	RCT	33 (2801)	CRC	CKi + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Jadad	Tumor response; KPS; AEs
Zhou XY, et al., 2016	RCT	22 (1873)	CRC	CKi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zhang D, et al., 2016	RCT	26 (2269)	CRC	CKi + FOLFOX chemotherapy	FOLFOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Yang ZT, et al., 2018	RCT	20 (1617)	CRC	ADi + FOLFOX chemotherapy	FOLFOX chemotherapy	Jadad	Tumor response; AEs
Ji, and Yuan, 2011	RCT	8 (551)	CRC	ADi + FOLFOX chemotherapy	FOLFOX chemotherapy	Jadad	KPS; AEs
Zhang D, et al., 2017a	RCT	12 (932)	CRC	ADi + FOLFOX chemotherapy	FOLFOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zheng H, et al., 2022	RCT	25 (2036)	CRC	ADi + FOLFOX/FOLFIRI/XELOX chemotherapy	FOLFOX/FOLFIRI/XELOX chemotherapy	Cochrane criteria RoB	Tumor response
Zhang WQ, et al., 2018a	RCT	21 (1589)	CRC	SQFZi + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; AEs
Wu JY, et al., 2018	RCT	25 (1987)	CRC	SQFZi + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zhang D, et al., 2017b	RCT	11 (943)	CRC	SQFZi + FOLFOX chemotherapy	FOLFOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zhang D, et al., 2017c	RCT	13 (952)	CRC	KAi + FOLFOX chemotherapy	FOLFOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Zhang WQ, et al., 2018b	RCT	21 (1879)	CRC	KAi + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; AEs
Zhang LN, et al., 2017	RCT	4 (299)	CRC	KAi + FOLFIRI chemotherapy	FOLFIRI chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Yang F, et al., 2016	RCT	10 (799)	CRC	BJOEi + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; AEs
Liao J, et al., 2018	RCT	12 (717)	CRC	BJOEi + chemotherapy	Chemotherapy	-	Tumor response; KPS; AEs

Zhao YF, 2022	RCT	26 (1899)	CRC	BJOEi + FOLFOX/FOLFIRI/XELOX chemotherapy	FOLFOX/FOLFIRI/XELOX chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Liao JF, et al., 2017	RCT	9 (610)	CRC	KLTi + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; Pain status; AEs
Wang J, et al., 2020	RCT	8 (583)	CRC	Astragalus injection + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Shen HB, et al., 2016	RCT	10 (752)	CRC	CHM + chemotherapy; CHM + surgery	Chemotherapy; surgery	Jadad	Effective rate; survival rate of 1-year; recurrence rate; KPS; AEs
Yi F, et al., 2019	RCT	11 (728)	CRC	CHM + chemotherapy	Chemotherapy	Jadad	AEs
Li P, et al., 2020	RCT	11 (832)	CRC	CHM + chemotherapy	Chemotherapy	Jadad	Tumor response; AEs
He WT, et al., 2018	RCT	84 (8147)	CRC	CHM + chemotherapy	Chemotherapy	Jadad	Median OS; Tumor response
Zhu JP, 2016	RCT	16 (1286)	CC	Oral administration of CHM + chemotherapy	Chemotherapy	Jadad	Tumor response; KPS; QoL; AEs
Chen MH, et al., 2015	RCT	42 (3070)	CRC	CHM + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Cochrane criteria RoB	Tumor response
McCulloch M, et al., 2016	RCT	36 (-)	CRC	CHM + Fluorouracil-based chemotherapy	Fluorouracil-based chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-, 3-year; recurrence rate of 1-, 2-year; tumor response; completion of chemotherapy; KPS; AEs
Chen P, et al., 2019	RCT	45 (2986)	CRC	CHM + 5-Fluorouracil-based chemotherapy	5-Fluorouracil-based chemotherapy	Cochrane criteria RoB	Tumor response
Huang WQ, et al., 2018	RCT	18 (1312)	CRC	CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB	Tumor response; KPS; AEs
Jiang HZ, et al., 2022	RCT	39 (2751)	CRC	CHM + capecitabine-based chemotherapy	Capecitabine-based chemotherapy	Cochrane criteria RoB	Survival rate of 1-, 2-year; recurrence rate of 1-year; PFS; tumor response; KPS; AEs
Lin S, et al., 2019	RCT	22 (1409)	CRC	Astragalus-based CHM + oxaliplatin-based chemotherapy	Oxaliplatin-based chemotherapy	Jadad	Tumor response; KPS; AEs

Zhang LX, et al., 2025	RCT	30 (2663)	CRC	CKi + chemotherapy	Chemotherapy	RoB 2	Tumor response; AEs
Zhang L, 2023	RCT	56 (4449)	CRC	Oral administration of CHM + routine treatment	Routine treatment	Jadad	Survival rate of 1-year; Tumor response; KPS; AEs
Liang P, et al., 2025	RCT	11 (1014)	CRC with fatigue	Oral administration of CHM + chemotherapy	Chemotherapy	Cochrane criteria RoB RoB	KPS; AEs

Supplementary Table 2 Reporting quality of Included Systematic Reviews

Study	item 1	item 2	item 3	item 4	item 5	item 6	item 7	item 8	item 9	item 10	item 11	item 12	item 13	item 14	item 15	item 16	item 17	item 18	item 19	item 20	item 21	item 22	item 23	item 24	item 25	item 26	item 27
Guo KB, et al., 2017	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
Ge JZ, 2009	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No
Liu NN, et al., 2017	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No
Tang M, et al., 2022	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Luo L, 2005	No	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No
Zhang and Cao, 2022	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hu QC, et al., 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
Li WX, 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Yang ZT, et al., 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Hu SH, et al., 2022	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ji, and Yuan, 2011	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Li, and Lin, 2016	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No
Ma YL, et al., 2022	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Zhang WQ, et al., 2018a	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Wang S, et al., 2022	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wu JY, et al., 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Zhang MX, et al., 2015	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Qi YM, et al., 2014	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Yu BW, et al., 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Yuan SY, et al., 2023	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wang YQ, et al., 2021	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes

Wu ZL, et al., 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No
Zhou T, et al., 2022	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Liu WB, et al., 2016	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Zhou XY, et al., 2016	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Yang Y, et al., 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Ma JL, et al., 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Wei Y, et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Zhang YL, et al., 2014	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	Yes	Yes	No	No	No	Yes	Yes	Yes
Zhang D, et al., 2017a	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Zhang D, et al., 2017b	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Zhang D, et al., 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Zhang D, et al., 2017c	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Wu J, 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
Li J, et al., 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes
Zheng H, et al., 2022	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No
Cai YY and Xie, 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No
Chen WT, et al., 2015	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Zhao XZ, et al., 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Li HJ, et al., 2016	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes
Xu XH, et al., 2022	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Zhou MM, et al.,	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes

2017

Chen WT, et al., No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes No No Yes Yes Yes Yes Yes No No Yes Yes Yes Yes

2014

Liu SS, et al., 2017 Yes Yes Yes No No Yes Yes Yes No No No Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes

Mo LL, et al., 2016 Yes Yes Yes Yes No Yes Yes No No No No Yes Yes Yes No Yes Yes Yes Yes Yes Yes No No No Yes Yes No

Zhao XZ, et al., No Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes

2022

Wu XB, 2022 No Yes No

Liu, and Zhu, 2009 Yes Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes No Yes Yes Yes Yes Yes Yes No Yes No Yes Yes No

Zhang WQ, et al., Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes Yes

2018b

Zhang LN, et al., Yes Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes Yes

2017

Liao JF, et al., 2017 Yes Yes Yes Yes No Yes Yes No No No No Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No

Fan WX, et al., No Yes Yes Yes No Yes Yes No No No No No Yes Yes No No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes No

2018

Yan SH, et al., No Yes Yes Yes No Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes

2021[a](#)

Zhang SL, 2020 No Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes No

Chen ZX, 2005 Yes Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes No No No Yes Yes No

Zhao J, et al., 2018 Yes Yes Yes Yes No Yes Yes No No Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes No No No Yes Yes No

Yang F, et al., 2016 Yes Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes No Yes Yes No No No Yes Yes No No Yes Yes No

Liao J, et al., 2018 Yes Yes Yes Yes No Yes Yes No Yes No No Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No Yes Yes No

Peng YY, et al., No Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes

2020

Zhao YF, 2022 No Yes Yes Yes No Yes Yes No Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes No

Zhang JK, et al., No Yes Yes Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No Yes Yes Yes No

2022

Wang LF, et al., Yes Yes Yes No No Yes Yes No No No No Yes Yes Yes Yes No No Yes Yes Yes Yes Yes Yes No No Yes Yes Yes

2014

Li CH, et al., 2012 Yes Yes Yes Yes No Yes Yes No No No No Yes Yes Yes Yes No Yes Yes Yes Yes Yes Yes Yes No No Yes Yes No

Chen YN, 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Li P, et al., 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	No	No
Shen HB, et al., 2016	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No
Min, and Ma, 2014	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No
Zhang G, et al., 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes
Yi F, et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes
Miao WR, et al., 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes
Wang and Zhang, 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes
Liu, and Zhu, 2014	No	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	No	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No	No
He WT, et al., 2018	No	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sun Y, 2020	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Zhao N, 2021	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Zhu JP, 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No
Li KX, 2021	No	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Wang J, et al., 2020	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes
Chen MH, et al., 2015	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
McCulloch M, et al., 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes
Chen P, et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Yan SH, et al., 2021 ^{b}	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Huang WQ, et al., 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Huang SQ, et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No
Jiang HZ, et al.,	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes

2022

Yu LX, et al., 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Lin S, et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Chen YY, et al.,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

2021

Liu YH, et al., 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Zhang SQ, et al.,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No

2021

Chen M, et al., 2013	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Shi Q, et al., 2015	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Wu JY, et al., 2024	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Zhang LX, et al.,	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes

2025

Li Z, 2023	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No
Zhang L, 2023	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No
Liang P, et al., 2025	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes

Supplementary Table 3 Methodological Quality of Included Systematic Reviews

[illegible]

Zhang D, et al., 2017a	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	Y	Y	Y	Y	Low
Zhang D, et al., 2017b	Y	N	N	PY	Y	Y	N	PY	PY	N	Y	N	Y	Y	Y	Y	Moderate
Zhang D, et al., 2016	Y	N	N	PY	Y	N	N	PY	PY	N	Y	N	Y	Y	Y	Y	Moderate
Zhang D, et al., 2017c	Y	N	N	PY	N	Y	N	PY	PY	N	Y	N	N	Y	Y	Y	Low
Wu J, 2019	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	N	Y	Y	N	Critially Low
Li J, et al., 2017	Y	N	N	PY	N	N	N	PY	PY	N	N	N	N	N	N	N	Critially Low
Zheng H, et al., 2022	Y	N	N	PY	N	N	N	N	PY	N	Y	N	Y	Y	Y	N	Critially Low
Cai YY and Xie, 2020	Y	N	N	PY	Y	Y	N	PY	N	N	N	N	N	N	Y	N	Critially Low
Chen WT, et al., 2015	Y	N	N	PY	N	Y	N	PY	PY	N	N	N	Y	Y	N	N	Critially Low
Zhao XZ, et al., 2020	Y	N	N	PY	Y	N	N	PY	PY	N	Y	N	N	Y	Y	N	Critially Low
Li HJ, et al., 2016	Y	N	N	PY	N	N	N	N	PY	N	N	N	N	N	N	N	Critially Low
Xu XH, et al., 2022	Y	N	N	PY	Y	Y	N	PY	PY	N	Y	N	Y	Y	Y	N	Critially Low
Zhou MM, et al., 2017	Y	N	N	PY	Y	Y	N	PY	PY	N	Y	N	Y	Y	Y	N	Moderate
Chen WT, et al., 2014	Y	N	N	PY	N	Y	N	PY	PY	N	Y	N	Y	N	N	N	Critially Low
Liu SS, et al., 2017	Y	N	N	PY	N	N	N	PY	PY	N	Y	N	N	N	N	Y	Low
Mo LL, et al., 2016	Y	N	N	PY	N	N	N	N	PY	N	N	N	Y	N	N	N	Low
Zhao XZ, et al., 2022	Y	N	N	PY	Y	N	N	PY	PY	N	Y	N	Y	N	Y	N	Critially Low
Wu XB, 2022	Y	Y	N	PY	Y	N	N	PY	Y	N	Y	N	Y	Y	Y	N	Low
Liu, and Zhu, 2009	Y	N	N	PY	N	N	N	N	PY	N	N	N	N	N	N	N	Critially Low
Zhang WQ, et al., 2018b	Y	N	N	PY	Y	Y	N	N	PY	N	Y	N	Y	Y	Y	Y	Moderate
Zhang LN, et al., 2017	Y	N	N	PY	Y	Y	N	N	PY	N	N	N	N	N	Y	Y	Critially Low
Liao JF, et al., 2017	Y	N	N	PY	N	Y	N	N	PY	N	Y	N	N	N	Y	N	Low
Fan WX, et al., 2018	Y	N	N	PY	N	N	N	PY	PY	N	Y	N	Y	Y	N	N	Critially Low
Yan SH, et al., 2021 a	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	Y	Y	Y	N	Critially Low
Zhang SL, 2020	Y	N	N	PY	Y	Y	N	PY	PY	N	Y	N	Y	Y	Y	N	Critially Low
Chen ZX, 2005	Y	N	N	PY	Y	Y	N	N	PY	N	Y	N	N	Y	N	Y	Low
Zhao J, et al., 2018	Y	N	N	PY	N	N	N	N	PY	N	Y	N	N	Y	N	N	Low
Yang F, et al., 2016	Y	N	N	PY	N	N	N	N	PY	N	N	N	N	N	Y	N	Critially Low
Liao J, et al., 2018	Y	N	N	PY	Y	N	N	N	Y	N	Y	N	N	Y	Y	N	Low
Peng YY, et al., 2020	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	Y	N	Y	N	Critially Low
Zhao YF, 2022	N	N	N	PY	Y	N	N	Y	PY	N	Y	N	Y	N	Y	N	Critially Low

Zhang JK, et al., 2022	Y	Y	N	PY	Y	N	N	PY	PY	N	N	N	Y	Y	Y	N	Critially Low
Wang LF, et al., 2014	Y	N	N	PY	N	N	N	N	PY	N	Y	N	Y	Y	Y	Y	Moderate
Li CH, et al., 2012	Y	N	N	PY	N	N	N	PY	PY	N	N	N	Y	Y	Y	N	Critially Low
Chen YN, 2017	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	Y	N	Y	N	Low
Li P, et al., 2020	Y	N	N	PY	Y	N	N	PY	PY	N	N	N	N	Y	Y	N	Critially Low
Shen HB, et al., 2016	Y	N	N	PY	N	N	N	N	PY	N	Y	N	N	Y	Y	N	Low
Min, and Ma, 2014	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critially Low
Zhang G, et al., 2020	Y	N	N	PY	Y	Y	N	PY	PY	N	N	N	N	N	N	N	Critially Low
Yi F, et al., 2019	Y	N	N	PY	N	Y	N	N	N	N	Y	N	N	Y	Y	N	Critially Low
Miao WR, et al., 2018	Y	N	N	PY	N	N	N	N	PY	N	N	N	N	N	Y	N	Critially Low
Wang and Zhang, 2017	Y	N	N	PY	N	Y	N	N	PY	N	Y	N	N	Y	Y	N	Low
Liu, and Zhu, 2014	Y	N	N	PY	N	N	N	N	PY	N	N	N	Y	Y	N	N	Critially Low
He WT, et al., 2018	Y	N	N	PY	N	N	N	N	PY	N	Y	N	Y	Y	Y	N	Critially Low
Sun Y, 2020	Y	N	N	PY	Y	Y	N	PY	Y	N	Y	N	Y	Y	Y	N	Critially Low
Zhao N, 2021	Y	Y	N	PY	Y	Y	N	PY	Y	N	Y	N	Y	Y	Y	N	Low
Zhu JP, 2016	Y	N	N	PY	Y	N	N	PY	PY	N	N	N	Y	N	Y	N	Low
Li KX, 2021	Y	N	N	PY	Y	N	N	PY	PY	N	Y	N	Y	Y	N	N	Critially Low
Wang J, et al., 2020	Y	N	N	PY	Y	Y	N	PY	PY	N	Y	N	N	Y	N	Y	Critially Low
Chen MH, et al., 2015	Y	N	N	PY	N	Y	N	PY	Y	N	Y	N	Y	N	Y	Y	Moderate
McCulloch M, et al., 2016	Y	PY	N	PY	N	Y	Y	N	Y	N	Y	Y	Y	N	Y	Y	Moderate
Chen P, et al., 2019	Y	N	N	PY	Y	N	N	N	Y	N	Y	N	N	N	Y	Y	Low
Yan SH, et al., 2021 b	Y	Y	N	PY	Y	Y	N	PY	PY	N	Y	N	Y	N	Y	Y	Critially Low
Huang WQ, et al., 2018	Y	N	N	PY	Y	Y	N	N	PY	N	Y	N	N	Y	Y	Y	Low
Huang SQ, et al., 2019	Y	N	N	PY	Y	Y	N	Y	PY	N	N	N	N	N	Y	Y	Critially Low
Jiang HZ, et al., 2022	Y	Y	N	PY	Y	Y	N	Y	PY	N	Y	N	N	N	Y	Y	Critially Low
Yu LX, et al., 2017	Y	N	N	PY	N	Y	N	PY	PY	N	Y	N	Y	Y	Y	Y	Moderate
Lin S, et al., 2019	Y	N	N	PY	N	Y	N	PY	PY	N	N	Y	N	N	Y	Y	Critially Low
Chen YY, et al., 2021	Y	Y	N	PY	N	Y	N	Y	PY	N	Y	Y	Y	Y	Y	Y	Critially Low
Liu YH, et al., 2018	Y	N	N	PY	Y	Y	N	N	Y	N	N	N	Y	Y	Y	Y	Low
Zhang SQ, et al., 2021	Y	N	N	PY	Y	Y	N	Y	Y	N	Y	N	Y	Y	N	Y	Critially Low
Chen M, et al., 2013	Y	N	N	PY	N	Y	N	Y	Y	Y	N	N	Y	N	Y	Y	Low

[illegible]

Supplementary Table 4 Summary of findings of evidence as very low certainty

Outcomes/Study	Numbers	Participants		Effect estimates	Certainty of Evidence
	of RCTs	Treatment	Control		
Administration of CHM for reducing postoperative complications					
1 Effective rate and recurrence rate of LARS					
1.1 Effective rate of LARS					
CHM vs. usual care					
Li KX 2021	5	115	114	RR = 1.38, 95% CI (1.20, 1.59)	Very low ^{a,b,c}
CHM + usual care vs. usual care					
Li KX 2021	4	102	100	RR = 1.26, 95% CI (1.11, 1.42)	Very low ^{a,b,c}
1.2 Recurrence rate of LARS					
CHM vs. usual care					
Li KX 2021	2	55	55	RR = 0.20, 95% CI (0.05, 0.87)	Very low ^{a,b,c}
CHM + usual care vs. usual care					
Li KX 2021	2	58	55	RR = 0.60, 95% CI (0.18, 2.03)	Very low ^{a,b,c,d}
Adjuvant chemotherapy combined with CHM					
1. OS					
1.1 1-year OS rate					
Liu NN et al. 2017	3	110	88	RR = 0.98, 95% CI (0.89, 1.08)	Very low ^{a,b,c,d}
1.2 2-year OS rate					
Liu NN et al. 2017	2	53	54	RR = 1.11, 95% CI (0.72, 1.73)	Very low ^{a,b,c,d}
1.3 3-year OS rate					
Liu NN et al. 2017	3	110	88	RR = 1.02, 95% CI (0.56, 1.86)	Very low ^{a,b,c,d}
1.4 5-year OS rate					
Liu NN et al. 2017	2	107	59	RR = 1.72, 95% CI (1.18, 2.49)	Very low ^{a,b,c}
2. RFS					
Guo KB et al. 2017	3	118	108	MD = 9.76, 95% CI (5.71, 13.82)	Very low ^{a,b,c,e}
3. Performance status					
3.1 KPS score					
Zhang JK et al. 2022	4	147	147	SMD = 1.45, 95% CI (1.00, 1.89)	Very low ^{a,c,e}

Advanced CRC						
1. OS						
1.1 1-year survival						
<i>Oral administration of CHM for advanced CRC of stage III-IV</i>						
Qi YM, et al., 2014	9	414	282	OR = 3.10, 95% CI (2.10, 4.57)		Very low ^{a,b,f}
<i>CHM + XELOX vs. XELOX for advanced CRC</i>						
Jiang HZ, et al., 2022	4	155	148	RR = 1.18, 95% CI (1.04, 1.35)		Very low ^{a,b,c}
1.2 2-year survival						
<i>Oral administration of CHM for advanced CRC of stage III-IV</i>						
Qi YM, et al., 2014	7	331	207	OR = 2.38, 95% CI (1.53, 3.70)		Very low ^{a,b,f}
<i>CHM + XELOX vs. XELOX for advanced CRC</i>						
Jiang HZ, et al., 2022	2	93	88	RR = 1.89, 95% CI (1.22, 2.94)		Very low ^{a,b,c,g}
1.3 3-year survival						
<i>Oral administration of CHM for advanced CRC of stage IV or Duke's D</i>						
Xu XH et al. 2022	2	62	47	RR = 1.68, 95% CI (0.57, 4.96)		Very low ^{a,c,g}
<i>Oral administration of CHM for advanced CRC of stage III-IV</i>						
Qi YM, et al., 2014	6	328	199	OR = 2.32, 95% CI (1.35, 3.98)		Very low ^{a,b,f}
2. PFS						
2.1 PFS						
<i>Oral administration of CHM + chemotherapy vs. chemotherapy for advanced CRC</i>						
Sun Y, 2020	3	181	170	HR = 0.66, 95% CI (0.54, 0.80)		Very low ^{a,b,c}
<i>Oral administration of CHM + XELOX vs. XELOX for advanced CRC</i>						
Jiang HZ, et al., 2022	3	140	140	SMD = 1.33, 95% CI (0.05, 2.60)		Very low ^{a,c,g}
2.2 1-year PFS rate						
<i>CHM + XELOX vs. XELOX for advanced CRC</i>						
Jiang HZ, et al., 2022	2	98	98	RR = 0.54, 95% CI (0.29, 1.04)		Very low ^{a,c,d}
3. ORR						
<i>Oral administration of CHM + chemotherapy vs. chemotherapy for CRLM</i>						
Cai YY and Xie, 2020	8	225	216	RR = 1.28, 95% CI (1.13, 1.46)		Very low ^{a,b,f}
<i>Oral administration of CHM + capecitabine vs. capecitabine for advanced CRC</i>						
Zhang G, et al., 2020	6	208	194	RR = 0.78, 95% CI (0.57, 1.05)		Very low ^{a,b,c,d}

<i>BJOEt + capecitabine vs. capecitabine for advanced CRC</i>					
Peng YY, et al., 2020	3	139	127	RR = 1.08, 95% CI (1.01, 1.15)	Very low ^{a,c,f}
<i>KLTi + FOLFOX4 vs. FOLFOX4 for advanced CRC</i>					
Fan WX, et al., 2018	5	76	57	RR = 1.11, 95% CI (0.82, 1.49)	Very low ^{a,c,d}
<i>XAPi + oxaliplatin-based chemotherapy vs. oxaliplatin-based chemotherapy for advanced CRC</i>					
Zhao J, et al., 2018	4	140	138	OR = 2.09, 95% CI (1.25, 3.50)	Very low ^{a,b,c,g}
<i>Astragalus injection + chemotherapy vs. chemotherapy for advanced CRC</i>					
Wang J, et al., 2020	5	192	191	RR = 1.18, 95% CI (1.01, 1.38)	Very low ^{a,b,c}
4. Performance status					
4.1 Difference of KPS score between pre-treatment and post-treatment					
<i>Oral administration of CHM for CRLM</i>					
Cai YY and Xie, 2020	7	197	170	MD = 5.78, 95% CI (4.88, 6.88)	Very low ^{a,b,f}
<i>ADi + FOLFIRI vs. FOLFIRI for advanced CRC</i>					
Li WX, 2019	3	134	134	MD = 9.08, 95% CI (6.95, 11.22)	Very low ^{a,b,c}
<i>BJOEt + FOLFIRI vs. FOLFIRI for advanced CRC</i>					
Peng YY, et al., 2020	3	131	120	MD = 8.06, 95% CI (4.43, 11.68)	Very low ^{a,b,c,e}
4.2 KPS improvement rate					
<i>XAPi + oxaliplatin-based chemotherapy vs. oxaliplatin-based chemotherapy for advanced CRC</i>					
Zhao J, et al., 2018	3	82	80	OR = 3.71, 95% CI (1.92, 7.17)	Very low ^{a,b,c,g}
<i>KLTi + chemotherapy vs. chemotherapy for advanced CRC</i>					
Liao JF, et al., 2017	4	159	155	OR = 2.77, 95% CI (1.58,4.88)	Very low ^{a,b,c}
<i>KAi + FOLFIRI vs. FOLFIRI for advanced CRC</i>					
Zhang LN, et al., 2017	3	105	104	OR = 2.32, 95% CI 1.33, 4.07)	Very low ^{a,c,g}
<i>KLTi + FOLFOX vs. FOLFOX for advanced CRC</i>					
Liao JF 2017	2	73	71	OR = 2.50, 95% CI (1.27,4.94)	Very low ^{a,c,g}
5 QoL					
5.1 QoL assessed by FACT-C v4.0					
<i>Oral administration of CHM for CRLM</i>					
Cai YY and Xie, 2020	2	58	76	MD = 17.10, 95% CI (9.44, 24.76)	Very low ^{a,b,c,g}
6. Pain status					
<i>KLTi + FOLFOX4 vs. FOLFOX4 for advanced CRC</i>					

Fan WX, et al., 2018	3	70	41	RR = 1.68, 95% CI (1.27, 2.21)	Very low ^{a,c,g}
Unrestricted stage or status					
1. OS					
1.1 1-year survival rate					
<i>Oral administration of CHM for CRC</i>					
Zhang L, 2023	3	131	130	RR = 1.15, 95% CI (1.02, 1.29)	Very low ^{a,b,c}
2. Performance status					
2.1 KPS score					
<i>Oral administration of CHM + XELOX vs. XELOX for CRC</i>					
Wu XB, 2022	9	271	269	MD = 4.39, 95% CI (2.28, 6.50)	Very low ^{a,b,e}
<i>Oral administration of CHM + FOLFOX vs. FOLFOX for CC</i>					
Wu XB, 2022	7	271	254	MD = 10.03, 95% CI (5.90, 14.17)	Very low ^{a,b,e,g}
<i>Oral administration of CHM for CRC</i>					
Zhang L, 2023	12	483	486	MD = 6.24, 95% CI (5.38, 7.10)	Very low ^{a,b,e}
<i>Astragalus injection + chemotherapy vs. chemotherapy for CRC</i>					
Wang J, et al., 2020	3	90	90	SMD = 1.18, 95% CI (0.86, 1.50)	Very low ^{a,b,c}
2.2 KPS improvement rate					
<i>Oral administration of CHM + chemotherapy for CRC</i>					
Zhang SL, 2020	28	971	945	OR = 3.325, 95% CI (2.769, 3.992)	Very low ^{a,b,f}
<i>CKi + FOLFOX vs. FOLFOX for CRC</i>					
Zhang D, et al., 2016	12	540	529	RR = 1.58, 95% CI (1.37, 1.83)	Very low ^{a,b,f}
<i>ADi + chemotherapy vs. chemotherapy for CRC</i>					
Ji, and Yuan, 2011	7	269	262	OR = 3.90, 95% CI (2.62, 5.81)	Very low ^{a,b,g}
<i>Astragalus injection + chemotherapy vs. chemotherapy for CRC</i>					
Wang J, et al., 2020	3	90	90	SMD = 1.18, 95% CI (0.86, 1.50)	Very low ^{a,b,c}
3. Quality of life					
3.1 QLQ-C30					
<i>CHM + FOLFOX vs. FOLFOX for CC</i>					
Zhu JP 2016	2	103	96	MD = 7.65, 95% CI (4.16,11.13)	Very low ^{a,b,c}
4. Pain relief rate					
<i>KLTi + FOLFOX vs. FOLFOX for advanced CRC</i>					

Liao JF 2017	2	73	71	OR = 3.53, 95% CI (1.78,7.00)	Very low ^{a,c,g}
5. Cancer-related fatigue score					
<i>Oral administration of CHM + chemotherapy for CRC</i>					
Liang P, et al., 2025	10	432	434	SMD = -1.22, 95% CI (-0.90, -0.06)	Very low ^{a,b,e}
a, risk of bias of included trials; b, clinical heterogeneity; c, limited sample size; d, confidence intervals of overlap RR of 1.0 or MD of 0; e, significant statistical heterogeneity; f, publication bias detected; g, wide confidence intervals					

Supplementary Table 5 Safety outcomes

Outcomes/Study	Numbers	Participants		Effect estimates
	of RCTs	Treatment	Control	
Administration of CHM for reducing postoperative complications				
1. AEs				
Zhang et al. 2022	10	470	464	OR=0.30, 95%CI (0.21, 0.42)
Hu et al. 2020	no serious adverse events (SAEs) occurred and the occurrence rate of AE in patients administered CHM was relatively low			
Li 2021	no significant difference in the occurrence rate of AE between the two groups			
Adjuvant chemotherapy combined with CHM				
1. myelosuppression				
Yan et al. 2021	10	379	379	RR = 0.61, 95% CI (0.46, 0.79)
2. anemia				
Yan et al. 2021	14	454	412	RR = 0.75, 95% CI(0.63, 0.89)
3. leukopenia				
Yan et al. 2021	26	959	952	RR = 0.67, 95% CI (0.61, 0.75)
4. neutropenia				
Yan et al. 2021	3	87	85	RR = 0.60, 95% CI (0.46, 0.79)
5. thrombocytopenia				
Yan et al. 2021	20	681	676	RR = 0.75, 95% CI (0.63, 0.89)
6. erythrocytopenia				
Zhou et al. 2018	8	311	282	RR = 0.80, 95% CI (0.62, 1.02)
7. nausea and vomiting				
Zhao 2021	23	741	728	RR = 0.38, 95% CI (0.29, 0.49)
8. diarrhea				
Zhao 2021	15	468	455	RR = 0.38, 95% CI (0.29, 0.49)
9. hepatic dysfunction				
Zhang et al. 2022	7	220	218	RR = 0.52, 95% CI (0.32, 0.86)

10. renal dysfunction

Zhang et al. 2022	3	86	85	RR = 0.41, 95% CI (0.18, 0.96)
-------------------	---	----	----	--------------------------------

11. CIPN

Zhou et al. 2018	11	418	383	RR = 0.69, 95% CI (0.58, 0.62)
------------------	----	-----	-----	--------------------------------

Advanced CRC**1. leukopenia***Oral administration of CHM plus chemotherapy*

Xu et al. 2022	25	-	-	RR = 0.76, 95% CI (0.67, 0.86)
----------------	----	---	---	--------------------------------

CHM plus maintenance chemotherapy of capecitabine

Zhang et al. 2020	5	210	208	RR = 0.66, 95% CI (0.49, 0.89)
-------------------	---	-----	-----	--------------------------------

2. neutropenia (grade 3/4)*Oral administration of CHM plus chemotherapy of FOLFOX-4*

Chen et al. 2014	10	359	333	RR = 0.33, 95% CI (0.18, 0.60)
------------------	----	-----	-----	--------------------------------

2. thrombocytopenia*Oral administration of CHM plus chemotherapy*

Xu et al. 2022	25	-	-	RR = 0.66, 95% CI (0.54, 0.81)
----------------	----	---	---	--------------------------------

3. anemia*Oral administration of CHM plus chemotherapy*

Xu et al. 2022	26	-	-	RR = 0.70, 95% CI (0.61, 0.80)
----------------	----	---	---	--------------------------------

4. nausea and vomiting*Oral administration of CHM plus chemotherapy*

Xu et al. 2022	25	-	-	RR = 0.69, 95% CI (0.61, 0.78)
----------------	----	---	---	--------------------------------

CHM plus maintenance chemotherapy of capecitabine

Zhang et al. 2020	4	168	168	RR = 0.51, 95% CI (0.36, 0.72)
-------------------	---	-----	-----	--------------------------------

4.1 nausea and vomiting (grade 3/4)*Oral administration of CHM plus chemotherapy of FOLFOX-4*

Chen et al. 2014	9	330	303	RR = 0.34, 95% CI (0.17, 0.67)
------------------	---	-----	-----	--------------------------------

5. diarrhea*Oral administration of CHM plus chemotherapy*

Xu et al. 2022	25	-	-	RR = 0.66, 95% CI (0.57, 0.75)
----------------	----	---	---	--------------------------------

CHM plus maintenance chemotherapy of capecitabine

Zhang et al. 2020	5	196	196	RR = 0.49, 95% CI (0.35, 0.68)
-------------------	---	-----	-----	--------------------------------

6. hepatic dysfunction

Oral administration of CHM plus chemotherapy

Xu et al. 2022	17	-	-	RR = 0.54, 95% CI (0.43, 0.68)
----------------	----	---	---	--------------------------------

7. CIPN

Oral administration of CHM plus chemotherapy

Xu et al. 2022	19	-	-	RR = 0.70, 95% CI (0.59, 0.83)
----------------	----	---	---	--------------------------------

7.1 CIPN (grade 3/4)

Oral administration of CHM plus chemotherapy of FOLFOX-4

Chen et al. 2014	7	277	252	RR = 0.39, 95% CI (0.15, 1.00)
------------------	---	-----	-----	--------------------------------

8. HFS

CHM plus maintenance chemotherapy of capecitabine

Zhang et al. 2020	5	211	211	RR = 0.55, 95% CI(0.38, 0.79)
-------------------	---	-----	-----	-------------------------------

Administration of CHM in reducing AEs caused by chemotherapy

1. leukopenia

CHM plus chemotherapy vs. chemotherapy

Yan et al. 2021b	23	758	755	RR = 0.69, 95% CI (0.59, 0.82)
------------------	----	-----	-----	--------------------------------

1.1 leukopenia (grade 3/4)

CHM plus chemotherapy vs. chemotherapy

Yan et al. 2021b	14	591	588	RR = 0.52, 95% CI (0.35, 0.77)
------------------	----	-----	-----	--------------------------------

2. neutropenia

CHM plus chemotherapy vs. chemotherapy

Yan et al. 2021b	8	277	275	RR = 0.71, 95% CI (0.55, 0.90)
------------------	---	-----	-----	--------------------------------

2.1 neutropenia (grade 3/4)

CHM plus chemotherapy vs. chemotherapy

Yan et al. 2021b	8	321	314	RR = 0.42, 95% CI (0.27, 0.64)
------------------	---	-----	-----	--------------------------------

3. Overall gastrointestinal AEs

CHM plus chemotherapy vs. chemotherapy

Chen et al. 2021	54	2279	2321	RR = 0.78, 95% CI (0.72, 0.84)
------------------	----	------	------	--------------------------------

4. Nausea and vomiting

CHM plus chemotherapy vs. chemotherapy

Chen et al. 2021	21	909	925	RR = 0.74, 95% CI (0.66, 0.82)
------------------	----	-----	-----	--------------------------------

5. Diarrhea

CHM plus chemotherapy vs. chemotherapy

Chen et al. 2021	13	560	571	RR = 0.64, 95% CI (0.44, 0.93)
------------------	----	-----	-----	--------------------------------

6. Oral mucositis

CHM plus chemotherapy vs. chemotherapy

Chen et al. 2021	5	231	235	RR = 0.65, 95% CI (0.48, 0.88)
------------------	---	-----	-----	--------------------------------

7. Abdominal distension

CHM plus chemotherapy vs. chemotherapy

Chen et al. 2021	5	167	171	RR = 0.36, 95% CI (0.18, 0.73)
------------------	---	-----	-----	--------------------------------

8. CIPN

CHM plus chemotherapy vs. chemotherapy

Liu et al. 2018	32	1853		RR = 0.78, 95% CI (0.66, 0.91)
-----------------	----	------	--	--------------------------------

CHM plus FOLFOX vs. FOLFOX

Liu et al. 2018	18	1191		RR = 0.70, 95% CI (0.52, 0.96)
-----------------	----	------	--	--------------------------------

CHM plus XELOX vs. XELOX

Liu et al. 2018	10	490		RR = 0.92, 95% CI (0.81, 1.05)
-----------------	----	-----	--	--------------------------------

CHM plus SOX vs. SOX

Liu et al. 2018	2	106		RR = 0.91, 95% CI (0.57, 1.45)
-----------------	---	-----	--	--------------------------------

8.1 CIPN (grade 3/4)

CHM plus chemotherapy vs. chemotherapy

Liu et al. 2018	14	955		RR = 0.42, 95% CI [0.23, 0.77]
-----------------	----	-----	--	--------------------------------

CHM plus FOLFOX vs. FOLFOX

Liu et al. 2018	9	669		RR = 0.33, 95% CI [0.16, 0.70]
-----------------	---	-----	--	--------------------------------

CHM plus XELOX vs. XELOX

Liu et al. 2018	3	180		RR = 0.66, 95% CI (0.18, 2.47)
-----------------	---	-----	--	--------------------------------

CHM plus SOX vs. SOX

Liu et al. 2018	2	106		RR = 0.67, 95% CI (0.11, 3.92)
-----------------	---	-----	--	--------------------------------

CRC, colorectal cancer; CHM, Chinese herbal medicine; OR, odds ratio; RR, risk ratio; AE, adverse events.
