**Supplement 1 Search strategies**

- Pubmed

((((((((((Medicine, Chinese Traditional[Mesh]) OR (Chinese medicine)) OR (herbal medicine)) OR (Chinese herbs)) OR (Chinese patent medicine)) OR (Chinese proprietary medicine)) OR (Chinese materia medica)) OR (traditional Chinese medicine)) OR (Chinese herbal formula)) AND ((systematic review) OR (meta-analysis))) AND (((((Non-alcoholic Fatty Liver Disease[MeSH Terms]) OR (non-alcoholic fatty liver disease)) OR (non-alcoholic steatohepatitis)) OR (non-alcoholic fatty liver)) OR (non-alcoholic cirrhosis))

- EMBASE

#1 'chinese medicine'/exp

#2 'chinese medicine' OR 'herbal medicine' OR 'chinese herbs' OR 'chinese patent medicine' OR 'chinese proprietary medicine' OR 'chinese materia medica' OR 'traditional chinese medicine' OR 'chinese herbal formula'

#3 'systematic review'/exp

#4'meta analysis topic'/exp

#5 'nonalcoholic fatty liver'/exp

#6 'non-alcoholic steatohepatitis' OR 'non-alcoholic fatty liver' OR 'non-alcoholic cirrhosis' OR 'non-alcoholic fatty liver disease'

#7 #1 OR #2

#8 #3 OR #4

#9 #5 OR #6

#10 #7 AND #8 AND #9

- Cochrane library

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

#2 "Chinese medicine" OR "herbal medicine" OR "Chinese herbs" OR "Chinese patent medicine" OR "Chinese proprietary medicine" OR "Chinese materia

medica" OR "traditional Chinese medicine" OR "Chinese herbal formula"

#3 #1 OR #2

#4 "systematic review" OR "meta-analysis"

#5 MeSH descriptor: [Non-alcoholic Fatty Liver Disease] explode all trees

#6 "non-alcoholic fatty liver disease" OR "non-alcoholic steatohepatitis" OR "non-alcoholic fatty liver" OR "non-alcoholic cirrhosis"

#7 #5 OR #6

- CNKI

SU=('非酒精性脂肪性肝病'+'单纯性脂肪肝'+'非酒精性脂肪肝'+'非酒精性脂肪肝炎'+'非酒精性肝硬化') AND SU=('中药'+'中医药'+'中草药'+'本草'+'草药') AND SU=('系统评价'+'系统综述'+'荟萃分析'+'meta 分析')

- Wanfang

主题:(("非酒精性脂肪性肝病" OR "非酒精性脂肪性肝炎" OR "非酒精性脂肪性肝" OR "非酒精性肝硬化" OR "单纯性脂肪肝") AND ("中药" OR "中医药" OR "中草药" OR "本草" OR "草药") AND ("系统评价" OR "系统综述" OR "荟萃分析" OR "meta 分析"))

- VIP

(M=非酒精性脂肪性肝病 OR M=非酒精性脂肪性肝炎 OR M=非酒精性脂肪性肝 OR M=非酒精性肝硬化 OR M=单纯性脂肪肝) AND (M=系统评价 OR M=系统综述 OR M=荟萃分析 OR M= meta 分析) AND (M=中药 OR M=中医药 OR M=中草药 OR M=本草 OR M=草药)

- SinoMed

1 "非酒精性脂肪性肝病"[不加权:扩展]

2 "非酒精性脂肪性肝病" OR "非酒精性脂肪性肝炎" OR "非酒精性脂肪性肝" OR "非酒精性肝硬化" OR "单纯性脂肪肝"

3 "中草药"[不加权:扩展]

4 "中药" OR "中医药" OR "中草药" OR "本草" OR "草药"

5 "系统评价" OR "系统综述" OR "荟萃分析" OR "meta 分析"

6 (#2) OR (#1)

7 (#4) OR (#3)

8 (#7) AND (#6) AND (#5)

# PRISMA 2009 Checklist

**Supplement 2 PRISMA 2009 checklist**

| Section/topic | # | Checklist item | Reported on page # |
|---|---|---|---|
| **TITLE** | | | |
| Title | 1 | Identify the report as a systematic review, meta-analysis, or both. | Page 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. | Page 3-4 |
| **INTRODUCTION** | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known. | Page 6 |
| Objectives | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | Page 6 |
| **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. | Page 7 |
| 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. | Page 7-8 |
| 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. | Page 7 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such | Supplement |

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| | | that it could be repeated. | 1 |
| 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). | Page 7-8 |
| 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. | Page 8 |
| Data items | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | Page 8 |
| 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. | Page 8-9 |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). | Page 8-9 |
| 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. | Page 8-9 |



| **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). | Page 8-9 |
| Additional analyses | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. | Not applicable |

# PRISMA 2009 Checklist

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| **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. | Page 9-10, Figure 1 |
| 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. | Table 1 |
| 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). | Page 10-11, Tables 2-3 |
| 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. | Page 10-12, Table 4 |
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency. | Page 11-12 |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies (see Item 15). | Page 10-11, Tables 2-3 |
| Additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). | Not applicable |
| **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). | Page 12 |
| 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). | Page 15 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications | Page 13-15 |

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| | | for future research. | Figure 2 |
| **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. | Page 1-2 |