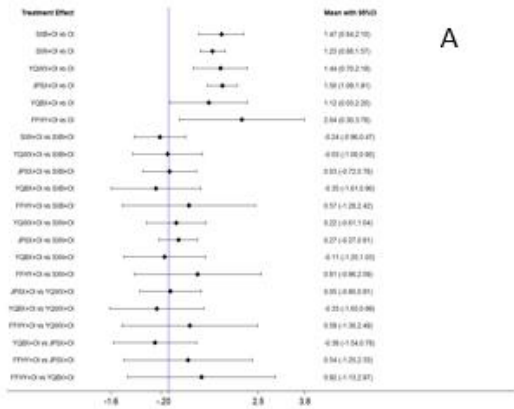
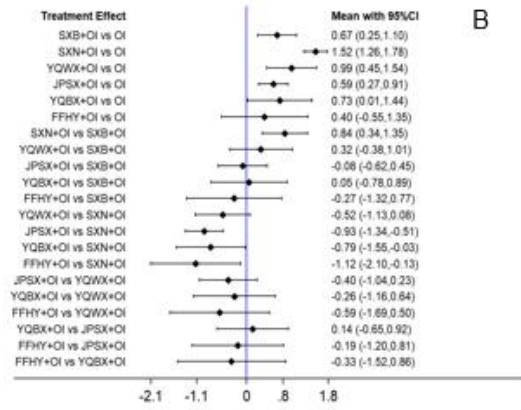


	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Bi S.J., 2022	+	?	?	?	+	+	+
Chen F., 2014	+	?	?	?	+	+	+
Chen X.Z., 2021	+	?	?	?	+	+	+
Fu Y.H., 2020	+	?	?	?	+	+	+
Gu Y., 2019[33]	?	?	?	?	+	+	+
He Y.P., 2022	+	?	?	?	+	+	+
Hu W.X., 2022	?	?	?	?	+	+	+
Jiang F., 2021	+	?	?	?	+	+	+
Jiao Z.H., 2019	+	?	?	?	+	+	+
Ji C.H., 2018	+	?	?	?	+	+	+
Ke G.H., 2020	?	?	?	?	+	+	+
Li G.Y., 2021	+	?	?	?	+	+	+
Li H., 2017	+	?	?	?	+	+	+
Liu K., 2021	+	?	?	?	+	+	+
Liu L.H., 2016	+	?	?	?	+	+	+
Liu M.H., 2020	+	?	?	?	+	+	+
Liu Q.F., 2021	?	?	?	?	+	+	+
Li Z.H., 2018	+	?	?	?	+	+	+
Luo H.Y., 2016	+	?	?	?	+	+	+
Peng Q., 2022	?	?	?	?	+	+	+
Peng Y., 2022	+	?	?	?	+	+	+
Ren X.C., 2020	+	?	?	?	+	+	+
Ruan S.M., 2018	+	?	?	?	+	+	+
Sheng J., 2023	+	?	?	?	+	+	+
Shi D., 2019	+	?	?	?	+	+	+
Su M.F., 2017	?	?	?	?	+	+	+
Sun L.Y., 2020	?	?	?	?	+	+	+
Sun M., 2020	+	?	?	?	+	+	+
Wang F.Q., 2020	?	?	?	?	+	+	+
Wen Y.M., 2022	+	?	?	?	+	+	+
Wu W.J., 2021	+	?	?	?	+	+	+
Wu Y., 2021	+	?	?	?	+	+	+
Wu Y.H., 2022	+	?	?	?	+	+	+
Wu Y.J., 2020	?	?	?	?	+	+	+
Xiang J.H., 2017	+	?	?	?	+	+	+
Xu D., 2020	+	?	?	?	+	+	+
Yang J., 2022	+	?	?	?	+	+	+
Yang L., 2021	?	?	?	?	+	+	+
Yi H.H., 2021	+	?	?	?	+	+	+
Yin Q.L., 2015	+	?	?	?	+	+	+
Yu X.H., 2022	+	?	?	?	+	+	+
Zhang J., 2021	+	?	?	?	+	+	+
Zhang J.F., 2021	?	?	?	?	+	+	+
Zhang Y.F., 2019	?	?	?	?	+	+	+
Zhao X., 2016	+	?	?	?	+	+	+

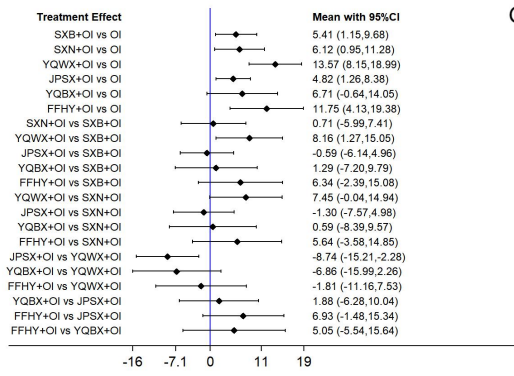
Supplementary Figure 1 Risk of bias summary.



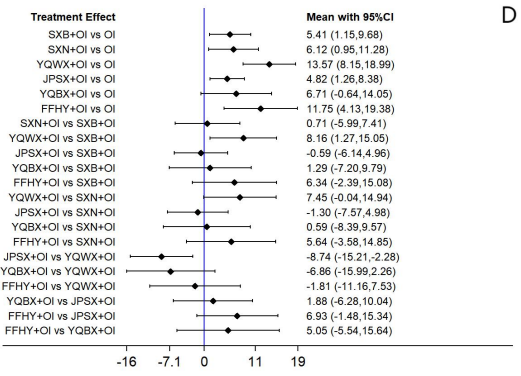
A



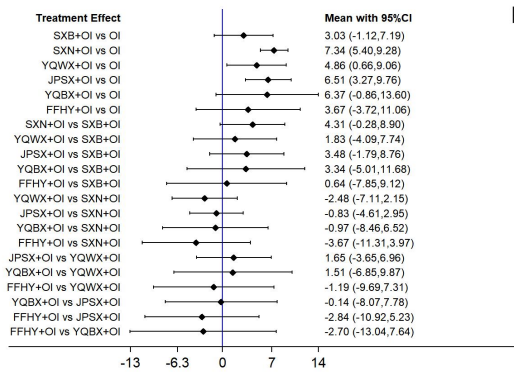
B



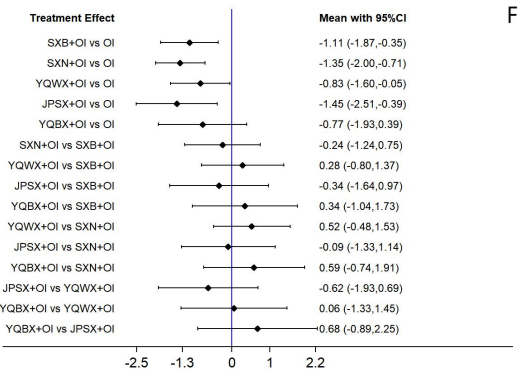
C



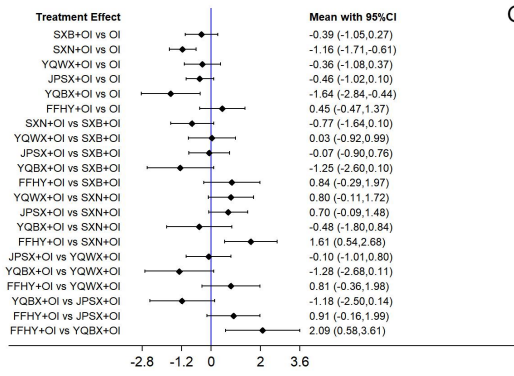
D



E



F



G

Supplementary Figure 2 Two-by-two comparison of 6 Chinese patent medicines + oral iron at each index. A: Clinical effective rate; B: Red blood

cell level (RBC); C: Hemoglobin level (Hb); D: Serum ferritin level (SF); E: Serum iron level (SI); F: adverse pregnancy outcomes; G: Adverse events.

### **Supplementary Table 1 Search strategy of China national knowledge infrastructure**

---

#### Search items

---

((主题%=xls('妊娠期缺铁性贫血','SYS\_XL\_SYNONYM\_DICT') or 题名%=xls('妊娠期缺铁性贫血','SYS\_XL\_SYNONYM\_DICT')) AND ((((((( 题名=xls('口服液','SYS\_XL\_SYNONYM\_DICT')) OR ( 题名 =xls(' 胶 囊','SYS\_XL\_SYNONYM\_DICT')) OR ( 题名 =xls(' 颗 粒','SYS\_XL\_SYNONYM\_DICT')) OR (题名=xls('丸','SYS\_XL\_SYNONYM\_DICT')) OR ( 题名 =xls(' 散 ','SYS\_XL\_SYNONYM\_DICT')) OR ( 题名 =xls(' 片','SYS\_XL\_SYNONYM\_DICT')) OR (题名=xls('丹','SYS\_XL\_SYNONYM\_DICT')) OR ( 题名 =xls(' 合 剂 ','SYS\_XL\_SYNONYM\_DICT'))))) AND ( 发表时间 Between('2012-06-22','2023-06-22'))

---

### **Supplementary Table 2 Search strategy of Wanfang Database**

---

#### Search items

---

(主题:(妊娠期缺铁性贫血) and 主题:(口服液 or 胶囊 or 颗粒 or 丸 or 散 or 片 or 丹 or 合剂) and 摘要:(随机)) and Date:2013-\*

---

### **Supplementary Table 3 Search strategy of Weipu Database**

---

#### Search items

---

(题名或关键词=妊娠期缺铁性贫血 AND (((((((题名或关键词=口服液 OR 题名或关键词=胶囊) OR 题名或关键词=颗粒) OR 题名或关键词=丸) OR 题名或关键词=散) OR 题名或关键词=片) OR 题名或关键词=丹) OR 题名或关键词=合剂)) AND (years:[2013 TO 2023])

---

### **Supplementary Table 4 Search strategy of China Biology Medicine disc**

---

Search items

---

("贫血, 缺铁性"[不加权:扩展]) AND (((("妊娠期"[常用字段:智能]) AND 2013-2023[日期]) AND (("口服液"[常用字段:智能] OR "胶囊"[常用字段:智能] OR "颗粒"[常用字段:智能] OR "丸"[常用字段:智能] OR "散"[常用字段:智能] OR "片"[常用字段:智能] OR "丹"[常用字段:智能] OR "合剂"[常用字段:智能]) AND 2013-2023[日期]))

---

**Supplementary Table 5 Search strategy of PubMed**

---

Search items

---

(((((((((((((((((Chinese patent medicine[Title/Abstract]) OR (Chinese medicine[Title/Abstract])) OR (Haematopoietic Compound[Title/Abstract])) OR (Shengxuebao[Title/Abstract])) OR (Haematocrit Tablets[Title/Abstract])) OR (Shengxuening[Title/Abstract])) OR (Enriching Qi[Title/Abstract] AND Maintaining Blood[Title/Abstract])) OR (Beneficial Qi[Title/Abstract] AND Blood Maintenance[Title/Abstract])) OR (Beneficial Qi[Title/Abstract] AND Blood[Title/Abstract])) OR (YiqiWeixue[Title/Abstract])) OR (Strengthening the Spleen[Title/Abstract] AND Promoting Blood[Title/Abstract])) OR (JianpiShengxue[Title/Abstract])) OR (Enriching Qi[Title/Abstract] AND Replenishing Blood[Title/Abstract])) OR (YiqiBuxue[Title/Abstract])) OR (HongyiBuxue[Title/Abstract])) OR (Red Coat[Title/Abstract])) AND (((Iron deficiency anaemia[Title/Abstract]) OR (Anaemia[Title/Abstract])) OR (nutritional anaemia[Title/Abstract])) Filters: from 2013 - 2023 Sort by: Most Recent

---

## Supplementary Table 6 Search strategy of Embase

---

### Search items

---

#4	#1 AND #2 AND [2013-2023]/py	14
#3	#1 AND #2	24
#2	'chinese patent medicine':ab,ti OR 'chinese medicine':ab,ti OR 'haematopoietic compound':ab,ti OR 'shengxuebao':ab,ti OR 'haematocrit tablets':ab,ti OR 'shengxuening':ab,ti OR 'enriching qi and maintaining blood':ab,ti OR 'beneficial qi and blood maintenance':ab,ti OR 'beneficial qi and blood':ab,ti OR 'yiqiweixue':ab,ti OR 'strengthening the spleen and promoting blood':ab,ti OR 'jianpishengxue':ab,ti OR 'enriching qi and replenishing blood':ab,ti OR 'yiqibuxue':ab,ti OR 'hongyibuxue':ab,ti OR 'red coat':ab,ti	52,914
#1	'iron deficiency anaemia':ab,ti OR 'anaemia':ab,ti OR 'nutritional anaemia':ab,ti	55,668

---

## Supplementary Table 7 Search strategy of Cochrane Library

### Search items

#1	("iron deficiency anaemia"):ti,ab,kw OR (Anaemia):ti,ab,kw OR (nutritional anaemia):ti,ab,kw (Word variations have been searched)	S ▼	Limits	24962
#2	(Chinese patent medicine):ti,ab,kw OR (Chinese medicine):ti,ab,kw OR (Haematopoietic Compound):ti,ab,kw OR (Shengxuebao):ti,ab,kw OR (Haematocrit Tablets):ti,ab,kw (Word variations have been searched)	S ▼	Limits	17255
#3	(Shengxuening):ti,ab,kw OR (Enriching Qi and Maintaining Blood):ti,ab,kw OR (Beneficial Qi and Blood Maintenance):ti,ab,kw OR (Beneficial Qi and Blood):ti,ab,kw OR (YiqiWeixue):ti,ab,kw (Word variations have been searched)	S ▼	Limits	41
#4	(Strengthening the Spleen and Promoting Blood):ti,ab,kw OR (JianpiShengxue):ti,ab,kw OR (Enriching Qi and Replenishing Blood):ti,ab,kw OR (YiqiBuxue):ti,ab,kw OR (HongyiBuxue):ti,ab,kw (Word variations have been searched)	S ▼	Limits	11
#5	(Red Coat):ti,ab,kw (Word variations have been searched)	S ▼	Limits	278
#6	#2 OR #3 OR #4 OR #5		Limits	17530
#7	#1 AND #6		Limits	276