

The full search strategy for Pubmed is as followings:

We use the following search string: ("Ginkgo biloba"[Mesh] or "ginkgo"[tiab]) AND("Altitude Sickness"[Mesh] or "Altitude Sickness"[tiab] or "mountain"[tiab])

Supplementary Table 1. Secondary outcomes of included studies

		Incidence of severe AMS	Headache	Severe headache	Oxygen saturation	Pulmonary edema	Adverse events
Roncin, 1996	GBE	X	22/22 (100%)	0/22 (0%)	X	AMS-R >0.6 3/21 (13.6%)	GBE(18.2%) is less urine than Placebo(77.3%)
	Placebo	X	22/22 (100%)	0/22 (0%)	X	AMS-R >0.6 18/22 (81.8%)	
Gertsch, 2002	GBE	2/12 (16.7%)	X	1/12 (8%)	81%	X	No side effect in GBE
	Placebo	9/14 (64.3%)	X	1/14 (7%)	80%	X	
Gertsch, 2004	GBE	23/124 (18%)	72/124 (58%)	24/124 (19%)	79.5%	Non occurred	No side effect in GBE
	Placebo	22/119 (18%)	63/119 (53%)	16/119 (13%)	82.1% P<0.01		
Chow, 2005	GBE	X	GBE is 5% less than placebo		X	Non occurred	No side effect in GBE
	Placebo	X			X		
Moraga, 2007	GBE	X	LLS score, headache item 0.19±0.41		92±2%	X	X
	Placebo	X	1.28±0.14 P<0.05		84±3% P<0.01	X	X
Leadbetter, 2009(Study 1)	GBE	0/21 (0%)	X	X	X	X	X
	Placebo	3/19 (16%)	X	X	X	X	X
Leadbetter, 2009(Study 2)	GBE	3/15 (20%)	X	X	X	X	X
	Placebo	4/22 (18%)	X	X	X	X	X

AMS: Acute mountain sickness ; AMS-R: the Environmental Symptom Questionnaire III acute mountain sickness-Respiratory (AMS-R) score; GBE: ginkgo biloba extract; LLS: Lake Louise Score; X: not mentioned in the study.

Supplementary Table 2. Number of participants and enrolled studies in each subgroup

Subgroup	Number of participants
<i>Low risk of bias studies</i>	357
Gertsch, 2004	
Chow, 2005	
Leadbetter, 2009	
<i>Starting altitude below 2500m</i>	208
Roncin, 1996	
Gertsch, 2002	
Chow, 2005	
Moraga, 2007	
Leadbetter, 2009	
<i>3–5 days prior to ascent</i>	114
Chow, 2005	
Leadbetter, 2009	
<i>0–2 days prior to ascent</i>	337
Roncin, 1996	
Gertsch, 2002	
Gertsch, 2004	
Moraga, 2007	
<i>Dosage less than 200mg per day</i>	94
Roncin, 1996	
Gertsch, 2002	
Moraga, 2007	
<i>Dosage more than 200mg per day</i>	357
Gertsch, 2004	
Chow, 2005	
Leadbetter, 2009	

