

Supplementary Materials

Traditional Chinese Medicine is effective for COVID-19: a systematic review and meta-analysis

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The formulae of the TCM medicine

The TCM medicine used in the studies were Lianhua Qingwen capsule, Jinhua Qinggan granules, Shufeng Jiedu capsule, Toujie Quwen granules, Lung cleansing & detoxifying decoction, Huashi Baidu formula, Xuanfei Baidu formula, Maxing Xuanfei decoction, Jiaweidayuan decoction, Feiyan Yihao granules, Qingfei Touxie Fuzheng recipe, Keguan-1, Huashi Baidu granules, Antiviral Formula-1, Modified Shengjiang Powder. The various drug formulations are as follows [1,2].

1. Lianhua Qingwen capsule

Lianhua Qingwen capsule is a traditional Chinese medicine used for the treatment of cold and flu, composed of 13 herbal components: Forsythia, Lonicera japonica, Ephedra, Fried bitter almond, Gypsum, Isatis indigotica, Dryopteris crassirhizoma, Houttuynia cordata, Patchouli, Rhubarb, Rhodiola crenulata, Menthol and Licorice. It has curative effects on mild and moderate cases, especially in relieving fever, cough and fatigue. It can significantly reduce the rate of deterioration [1].

2. Jinhua Qinggan granules

Jinhua Qinggan granules were developed during the 2009 H1N1 influenza pandemic. It consists of 12 herbal components including Lonicera japonica, Gypsum fibrosum, Ephedra sinica, Bitter almond, Scutellaria baicalensis georgi, Forsythia, Fritillaria thunbergii, Anemarrhena, Great burdock achene, Artemisia carvifolia, Menthol, Licorice. It can clear heat and detoxify lungs and improve the recovery rate of lymphocyte and white blood cells. It has a definite curative effect in treating mild and moderate patients and reduce the rate of deterioration [3].

3. Shufeng Jiedu capsule

Shufeng Jiedu capsule is composed of 8 herbal components: Polygonum cuspidatum, Forsythia, Isatis indigotica, Bupleurum root, Patrinia villosa, Verbena officinalis, Phragmites communis trin, Licorice [4].

4. Toujie Quwen granules

Toujie Quwen granules are composed of 16 herbal components: Forsythia, Edible tulip, Lonicera japonica, Scutellaria baicalensis georgi, Folium isatidis, Bupleurum

root, *Artemisia carvifolia*, Cicada slough, *Peucedanum* root, *Fritillaria cirrhosa*, *Fritillaria thunbergii*, Dark plum, Figwort, *Astragalus mongholicus bunge*, *Poria*, *Radix pseudostellariae* [5].

5. Lung cleansing & detoxifying decoction

Lung cleansing & detoxifying decoction derived from several classic recipes in *Treatise on Cold Damage Diseases* by Zhang Zhongjing before 220 AD. It has 21 herbal components including *Ephedra sinica* stapf, Roasted licorice, *Semen armeniacae*, Gypsum, *Cinnamomum cassia presl*, *Alisma plantago-aquatica linn.*, *Polyporus umbellatus*, *Atractylodes macrocephala koidz*, *Poria*, *Bupleurum* root, *Scutellaria baicalensis georgi*, *Rhizome pinelliae preparata*, Ginger, *Radix asteris*, *Tussilago farfara*, *Belamcanda chinensis*, *Asarum sieboldii miq*, Chinese yam, *Fructus aurantii immaturus*, *Citri reticulatae pericarpium*, *Agastache rugosa* [1].

6. Huashi Baidu formula

Huashi Baidu formula is a core recipe developed by the Academy of Chinese Medical Sciences of China. It composed of 14 herbal components. The basic prescription includes *Ephedra sinica* stapf, *Semen armeniacae*, Gypsum, licorice, *Agastache rugosa*, *Magnolia officinalis*, *Atractylodes lancea*, *Fructus tsaoko*, *Rhizoma pinelliae praeparatum*, *Poria*, *Rhubarb*, *Astragalus mongholicus bunge*, *Pepperweed seed*, *Red peony root* [1].

7. Xuanfei Baidu formula

Xuanfei Baidu formula, with 13 herbal components, originates from several classic traditional recipes. The basic prescription includes *Ephedra sinica* stapf, *Semen armeniacae amarum*, Gypsum, Coix seed, *Atractylodes rhizome*, *Pogostemon cablin*, *Artemisia carvifolia*, *Polygonum cuspidatum*, *Verbena officinalis*, *Phragmites communis trin*, *Pepperweed seed*, *Exocarpium citri grandis*, licorice [1].

8. Maxing Xuanfei decoction

Maxing Xuanfei decoction is composed of 11 herbal components: *Ephedra sinica*, Bitter almond, Gypsum, *Fritillaria thunbergii*, Cicada slough, *Bombyx Batryticatus*, Turmeric, *Balloonflower root*, *Trifoliate orange*, *Fructus tsaoko*, cardamom [6].

9. Jiaweidayuan decoction

Jiaweidayuan decoction is composed of 10 herbal components: Roasted ephedra, Almond, Gypsum, *Trichosanthes*, Wine rhubarb, Tinglizi, Peach kernel, *Amomum tsao-ko*, Penang, *Atractylodes lancea* [7].

10. Feiyan Yihao granules

Feiyan Yihao granules is composed of 15 herbal components: *Astragalus mongholicus bunge*, *Pleurotus ostreatus*, *Forsythia*, *Lonicera japonica*, *Scutellaria baicalensis georgi*, *Folium isatidis*, *Bupleurum* root, *Artemisia carvifolia*, Cicada slough, *Peucedanum* root, *Fritillaria cirrhosa*, Dark plum, Figwort, *Poria*, *Radix pseudostellariae* [8]

11. Qingfei Touxie Fuzheng recipe

Qingfei Touxie Fuzheng recipe is composed of 13 herbal components: Roasted ephedra, Gypsum, Semen armeniacae, Scutellaria baicalensis georgi, Forsythia, rhizoma phragmitis, Coix seed, Bombyx batryticatus, Cicada slough, Polygonum cuspidatum, Turmeric, White peony, Radix pseudostellariae, Raw licorice [9].

12. Keguan-1

"Keguan-1" is composed of 7 herbal components: Lonicera japonica Thunb, Forsythia, Chrysanthemum morifolium Ramat., Coix seed, Fritillaria thunbergii Miq and Prunus armeniaca L. var. ansu Maxim [10].

12. Huashi Baidu granules

Huashi Baidu granule, is a compound granule composed of 14 Chinese herbs, including Herba ephedrae, Armeniacae semen amarum, Gypsum fibrosum, Glycyrrhizae radix et rhizoma, Pogostemonis herba, Magnoliae officinalis cortex, Atractylodis rhizoma, Tsaoko fructus, Pinelliae rhizoma praeparatum, Poria, Rhei radix et rhizoma, Astragali radix, Descurainiae semen lepidii semen, Paeoniae radix rubra[11].

12. Antiviral Formula-1

Antiviral Formula-1 is composed of the following components: Atractylodes rhizome, Tangerine peel, Magnolia officinalis, Patchouli, Grass fruit, Raw ephedra, Notopterygium, Ginger, Almond, White cardamom, Coix seed, Astragalus, Jinbuchang, Pinellia ternata and Ginseng[12].

13. Modified Shengjiang Powder

Modified Shengjiang Powder is composed of Stiff silkworm, Cicada molting, Turmeric, Wine rhubarb, Raw Astragalus, Atractylodes macrocephala, Saposhnikovia divaricata, Folium Isatidis, Houltuynia cordata and Agastache rugosus[13].

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