

## Supplementary Files

### 1. Supplementary Tables

#### Supplementary Table 1

##### Searching strategy

Data sources	Search terms
PubMed	#1 Medicine, Chinese Traditional [Mesh] #2 Traditional Chinese medicine [Title/ Abstract] #3 Chinese herbal medicine [Title/ Abstract] #4 Chinese material medica [Title/ Abstract] #5 Chinese proprietary medicine [Title/ Abstract] #6 Chinese patent medicine [Title/ Abstract] #7 Gingko [Title/ Abstract] #8 Congrongyizhi [Title/ Abstract] #9 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 #10 Mild cognitive impairment [Title/ Abstract] #11 MCI [Title/ Abstract] #12 #10 OR #11 #13 RCT [All fields] #14 random [All fields] #15 randomized [All fields] #16 randomised [All fields] #17 #13 OR #14 OR #15 OR #16 #18 #9 AND #12 AND #17
Cochrane Library	#1 (Traditional Chinese medicine):ti,ab,kw OR (Chinese herbal medicine):ti,ab,kw OR (Chinese material medica):ti,ab,kw OR (Chinese proprietary medicine):ti,ab,kw OR (Chinese patent medicine):ti,ab,kw OR (Gingko):ti,ab,kw OR (Congrongyizhi):ti,ab,kw #2 (Mild cognitive impairment):ti,ab,kw OR (MCI):ti,ab,kw #3 (RCT) OR (random) OR (randomized) OR (randomised) #4 #1 AND #2 AND #3
CNKI (Chinese)	#1 SU=("轻度认知障碍"+"轻度认知损害"+"轻度认知损伤"+"轻度认知缺损"+"轻度认知减退"+"轻度认知受损"+"轻度认知功能障碍"+"轻度认知功能损害"+"轻度认知功能损伤"+"轻度认知功能缺损"+"轻度认知功能减退" + "轻度认知功能受损") #2 SU=("中药"+"草药"+"中草药"+"中成药"+"成药" + "复方"+"汤剂"+"方剂"+"中西医"+"中医") #3 FT=("随机"+"盲法"+"安慰剂") #4 #1 AND #2 AND #3
Wanfang Database	#1 主题:"轻度认知障碍"+主题:"轻度认知损害"+主题:"轻度认知损伤"+主题:"

(Chinese)	<p>轻度认知缺损"+主题:"轻度认知减退" +主题:"轻度认知受损"+主题:"轻度认知功能障碍"+主题:"轻度认知功能损害"+主题:"轻度认知功能损伤"+主题:"轻度认知功能缺损"+主题:"轻度认知功能减退"+主题:"轻度认知功能受损"</p> <p>#2 主题:"中药"+主题:"草药"+主题:"中草药"+主题:"中成药"+主题:"成药"+主题:"复方"+主题:"汤剂"+主题:"方剂"+主题:"中西医"+主题:"中医"</p> <p>#3 全部:"随机"+全部:"盲法"+全部:"安慰剂"</p> <p>#4 #1 AND #2 AND #3</p>
Chongqing VIP (CQVIP) (Chinese)	<p>#1 题名或关键词: 轻度认知功能障碍+mild cognitive impairment+slight cognition disfunction+轻度认知功能损害+轻度认知障碍+轻度认知功能损伤+轻度认知损害+轻度认知损伤+轻微认知功能损害+轻度认知缺损+轻度认知功能缺损+轻度认知减退+轻度认知功能减退+轻度认知受损+轻度认知功能受损</p> <p>#2 题名或关键词: 中药+草药+中草药+中成药+成药+复方+汤剂+方剂+中西医+中医</p> <p>#3 #1 AND #2</p>
Sinomed (Chinese)	<p>#1 “轻度认知障碍”[加权:扩展]</p> <p>#2 “轻度认知障碍”[常用字段:智能] OR “轻度认知损害”[常用字段:智能] OR “轻度认知损伤”[常用字段:智能] OR “轻度认知缺损”[常用字段:智能] OR “轻度认知减退”[常用字段:智能] OR “轻度认知受损”[常用字段:智能] OR “轻度认知功能障碍”[常用字段:智能] OR “轻度认知功能损害”[常用字段:智能] OR “轻度认知功能损伤”[常用字段:智能] OR “轻度认知功能缺损”[常用字段:智能] OR “轻度认知功能减退”[常用字段:智能] OR “轻度认知功能受损”[常用字段:智能] OR “轻微认知功能损害”[常用字段:智能]</p> <p>#3 (#1) OR (#2)</p> <p>#4 “中药”[常用字段:智能] OR “草药”[常用字段:智能] OR “中草药”[常用字段:智能] OR “中成药”[常用字段:智能] OR “成药”[常用字段:智能] OR “复方”[常用字段:智能] OR “汤剂”[常用字段:智能] OR “方剂”[常用字段:智能] OR “中西医”[常用字段:智能] OR “中医”[常用字段:智能]</p> <p>#5 (#3) AND (#4)</p> <p>#6 “随机”[全部字段:智能] OR “盲法”[全部字段:智能] OR “安慰剂”[全部字段:智能]</p> <p>#7 (#5) AND (#6)</p>

## Supplementary Table 2

### The composition of Chinese herbal medicine explored in the included trials

Chinese herbal medicine	Composition (Latin binomial name)
Ginkgo leaf extracts	yín xìng yè ( <i>Folium Ginkgo</i> )
Tongxinluo capsule	rén shēn ( <i>Radix et Rhizoma Ginseng</i> ); shuǐ zhì ( <i>Hirudo</i> ); quán xiē ( <i>Scorpio</i> ); chì sháo ( <i>Radix Paeoniae Rubra</i> ); chán tuì ( <i>Periostracum Cicadae</i> ); tǔ biē chóng ( <i>Eupolyphaga seu Steleophaga</i> ); wú gōng ( <i>Scolopendra</i> ); tán xiāng ( <i>Lignum Santali Albi</i> ); jiàng xiāng ( <i>Lignum Dalbergiae Odoriferae</i> ); rǔ xiāng ( <i>Olibanum</i> ); suān zǎo rén (fried) ( <i>Semen Ziziphi Spinosa</i> ); bīng piàn ( <i>Borneolum Syntheticum</i> )
Liu Wei Di Huang pill	shú dì huáng ( <i>Radix Rehmanniae Praeparata</i> ); shān zhū yú (prepared) ( <i>Fructus Corni</i> ); mǔ dān pí ( <i>Cortex Moutan</i> ); shān yào ( <i>Rhizoma Dioscoreae</i> ); fú líng ( <i>Poria</i> ); zé xiè ( <i>Rhizoma Alismatis</i> )
Yangxue Qingnao granules	dāng guī ( <i>Radix Angelicae Sinensis</i> ); chuān xiōng ( <i>Rhizoma Chuanxiong</i> ); bái sháo ( <i>Radix Paeoniae Alba</i> ); shú dì huáng; gōu téng ( <i>Ramulus Uncariae Cum Uncis</i> ); jī xuè téng ( <i>Caulis Spatholobi</i> ); xià kǔ cǎo ( <i>Spica Prunellae</i> ); jué míng zǐ ( <i>Semen Cassiae</i> ); zhēn zhū mǔ ( <i>Concha Margaritiferae Usta</i> ); yán hú suǒ ( <i>Rhizoma Corydalis</i> ); xī xīn ( <i>Radix et Rhizoma Asari</i> )
Gui Ling Ji capsule	hóng shēn ( <i>Radix et Rhizoma Ginseng Rubra</i> ); lù róng ( <i>Cornu Cervi Pantotrichum</i> ); hǎi mǎ ( <i>Hippocampus</i> ); gōu qǐ zǐ ( <i>Fructus Lycii</i> ); dīng xiāng ( <i>Flos Caryophylli</i> ); chuān shān jiǎ ( <i>Squama Manitis</i> ); què nǎo ( <i>Passer montanus (Linnaeus)</i> ); niú xī ( <i>Radix Achyranthis Bidentatae</i> ); suǒ yáng ( <i>Herba Cynomorii</i> ); shú dì huáng; bǔ gǔ zhī ( <i>Fructus Psoraleae</i> ); tǔ sī zǐ ( <i>Semen Cuscutae</i> ); dù zhòng ( <i>Cortex Eucommiae</i> ); shì yān ( <i>Cyrtiospirifer sinensis (Grabn.)</i> ); ròu cōng róng ( <i>Herba Cistanches</i> ); gān cǎo ( <i>Radix et Rhizoma Glycyrrhizae</i> ); tiān dōng ( <i>Radix Asparagi</i> ); yín yáng huò ( <i>Herba Epimedii</i> ); dà qīng yán ( <i>Halitum</i> ); shā rén ( <i>Fructus Amomi</i> ); et al.

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Astragalus injection	huáng qí ( <i>Radix Astragali</i> )
Qizhi Tongluo capsule	shuǐ zhì; dì lóng ( <i>Pheretima</i> ); quán xiē; tǔ biē chóng; jiāng cán ( <i>Bombyx Batryticatus</i> ); bīng piàn; huáng qí; dān shēn ( <i>Radix et Rhizoma Salviae Miltiorrhizae</i> ); hóng huā ( <i>Flos Carthami</i> ); zé lán ( <i>Herba Lycopi</i> ); yù jīn ( <i>Radix Curcumae</i> ); dāng guī; jī xuè téng; rén shēn; dǎn nán xīng ( <i>Arisaema cum Bile</i> ); chì sháo; tiān má ( <i>Rhizoma Gastrodiae</i> ); jiāng huáng ( <i>Rhizoma Curcumae Longae</i> ); chuān xiōng; máo dōng qīng ( <i>Radix Ilex Pubescens</i> ); mài dōng ( <i>Radix Ophiopogonis</i> ); wǔ wèi zǐ ( <i>Fructus Schisandrae Chinensis</i> ); zhū yá zào ( <i>Fructus Gleditsiae Abnormalis</i> ); qiāng huó ( <i>Rhizoma et Radix Notopterygii</i> ); ròu guì ( <i>Cortex Cinnamomi</i> ); hé shǒu wū ( <i>Radix Polygoni Multiflori</i> )
Tianmeng oral liquid	cì wǔ jiǎ ( <i>Radix et Rhizoma seu Caulis Acanthopanax Senticosi</i> ); huáng jīng ( <i>Rhizoma Polygonati</i> ); can e ( <i>Bombyx mori</i> ); sāng shèn ( <i>Fructus Mori</i> ); dǎng shēn ( <i>Radix Codonopsis</i> ); huáng qí; shā rén; gǒu qǐ zǐ; shān zhā ( <i>Fructus Crataegi</i> ); shù dì huáng; yín yáng huò (prepared); chén pí ( <i>Pericarpium Citri Reticulatae</i> ); fú líng; mǎ qián zǐ ( <i>Semen Strychni</i> )(prepared); fǎ bàn xià ( <i>Rhizoma Pinelliae Praeparatum</i> ); zé xiè; shān yào
Compound sea snake capsule	Hǎi Shé ( <i>Pelamis platurus</i> ), hǎi shēn ( <i>Stichopus</i> ); yuǎn zhì ( <i>Radix Polygalae</i> ); shí chāng pú ( <i>Rhizoma Acori Tatarinowii</i> )
Compound Congrong Yizhi capsule (Bushen capsule)	hé shǒu wū; ròu cōng róng; dì lóng; lòu lú ( <i>Radix Rhapontici</i> ); hé yè ( <i>Folium Nelumbinis</i> )
Jiannao Bushen	rén shēn; lù róng; gǒu shèn ( <i>Peni et Testes Canitis</i> ); ròu guì; Jīn Niú Cǎo ( <i>Polygala arvensis Willd</i> );

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pill	niú bàng zǐ ( <i>Fructus Arctii</i> )(fried); jīn yīng zǐ ( <i>Fructus Rosae Laevigatae</i> ); dù zhòng (Charcoal); chuān niú xī ( <i>Radix Cyathulae</i> ); jīn yín huā ( <i>Flos Lonicerae Japonicae</i> ); lián qiào ( <i>Fructus Forsythiae</i> ); chán tuì; shān yào; yuǎn zhì (prepared with Licorice water); suān zǎo rén; shā rén; dāng gū; lóng gǔ ( <i>Fossilium Ossis Mastodi</i> )(Calcined); mǔ lì ( <i>Concha Ostreae</i> )(Calcined); fú líng; bái zhú ( <i>Rhizoma Atractylodis Macrocephalae</i> )(fried with bran); guì zhī ( <i>Ramulus Cinnamomi</i> ); gān cǎo; bái sháo (fried with liqueur); dòu kòu ( <i>Fructus Amomi Rotundus</i> )
Shenzhiling oral liquid	dǎng shēn; guì zhī; bái sháo; zhì gān cǎo ( <i>Radix et Rhizoma Glycyrrhizae Praeparata cum Melle</i> ); fú líng; gān jiāng ( <i>Rhizoma Zingiberis</i> ); yuǎn zhì (prepared); shí chāng pú; lóng gǔ; mǔ lì
Jinsiwei pill	ròu cōng róng; gǒu qǐ zǐ; shí chāng pú; yuǎn zhì; chuān xiōng, et al.
Tianzhi granules	tiān má; gōu téng; shí jué míng ( <i>Concha Haliotidis</i> ); dù zhòng; sāng jì shēng ( <i>Herba Taxilli</i> ); fú shén ( <i>Sclerotium Poriae Pararadicis</i> ); shǒu wū téng ( <i>Caulis Polygoni Multiflori</i> ); huái huā ( <i>Flos Sophorae</i> ); zhī zǐ ( <i>Fructus Gardeniae</i> ); huáng qín ( <i>Radix Scutellariae</i> ); chuān niú xī; yì mǔ cǎo ( <i>Herba Leonuri</i> )
Xuanyunning tablet	zé xiè; bái zhú; fú líng; fǎ bàn xià; nǚ zhēn zǐ ( <i>Fructus Ligustri Lucidi</i> ); mò hàn lián ( <i>Herba Ecliptae</i> ); jú huā ( <i>Flos Chrysanthemi</i> ); niú xī; chén pí; gān cǎo
Fufang Huonao Shu	Zhū Nǎo ( <i>Sus scrofa domestica Brisson</i> ); wǔ wèi zǐ; mài dōng; rén shēn; gǒu qǐ zǐ; dì huáng ( <i>Radix Rehmanniae</i> ); dān shēn
Yindanxinnaotong soft capsule	yín xìng yè; dān shēn; dēng zhǎn xì xīn ( <i>Herba Erigerontis</i> ); sān qī ( <i>Radix et Rhizoma Notoginseng</i> ); shān zhā; jiǎo gǔ lán ( <i>Rhizoma seu Herba Gynostemmatis Pentaphylli</i> ); dà suàn ( <i>Bulbus Allii</i> ); tiān rán bīng piàn ( <i>Borneolum</i> )
Shuganjieyu	guàn yè jīn sī táo ( <i>Herba Hyperici Perforati</i> ); cì wǔ jiǎ

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capsule	
Nao Li Bao pills	yuǎn zhì; dì huáng; wǔ wèi zǐ; dì gǔ pí (Cortex Lycii); tù sī zǐ; fú líng; shí chāng pú; chuān xiōng
Huan Shao capsules	ròu cōng róng; bā jǐ tiān (Radix Morindae Officinalis); xiǎo huí xiāng (Fructus Foeniculi); shú dì huáng; gōu qǐ zǐ; dù zhòng; niú xī; fú líng; shān yào; shān zhū yú; wǔ wèi zǐ; yuǎn zhì; shí chāng pú; dà zǎo (Fructus Jujubae)
Sailuotong	rén shēn; yín xìng yè; xī hóng huā (Stigma Croci)
Memo	yín xìng yè; rén shēn; feng wang jiang ( <i>Apis cerana Fabr/ Apis mellifera L.</i> )
Xinnaoning capsule	yín xìng yè; dān shēn; dà guǒ mù jiāng zǐ (Litsea lancilimba Merr.); xiǎo yè huáng yáng (Buxus sinica var. parvifolia M. Cheng); xiè bái (Bulbus Allii Macrostemii)
Quan Tian Ma capsule	tiān má

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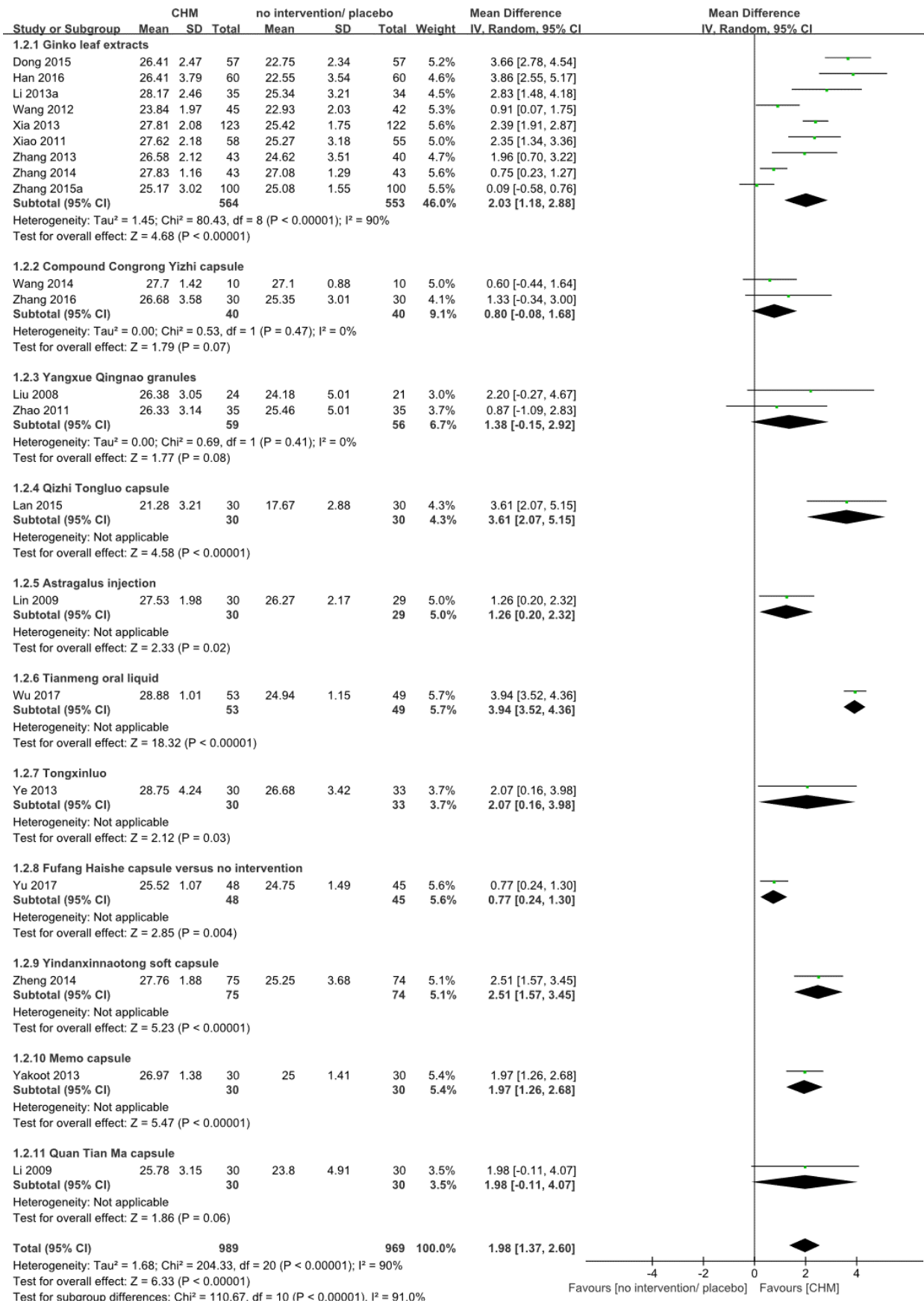
**Supplementary Table 3****Detailed product information of Chinese herbal medicine explored in the included trials**

<b>Study ID</b>	<b>Chinese herbal medicine</b>	<b>Product name</b>	<b>Manufacturer of the product</b>
Dong 2015	Ginkgo leaf extracts	SiTaiLong	Shanghai Xingling Technology Pharmaceutical
Han 2016	Ginkgo leaf extracts	SiTaiLong	Shanghai Xingling Technology Pharmaceutical
Li 2013a	Ginkgo leaf extracts	YiKangNing	Yangzi River Pharmaceutical Group
Wang 2012	Ginkgo leaf extracts	SiTaiLong	Shanghai Xingling Technology Pharmaceutical Co., Ltd
Xia 2013	Ginkgo leaf extracts	DaNaiKang	Beaufour Ipsen Industrie
Xiao 2011	Ginkgo leaf extracts	SiTaiLong	Shanghai Xingling Technology Pharmaceutical
Zhang 2013	Ginkgo leaf extracts	JinNaDuo	Dr. Willmar Schwabe GmbH & Co.KG
Zhang 2014	Ginkgo leaf extracts	-	-
Zhang 2015a	Extract of Ginkgo Biloba Leaves Injection	XingXue	ZBD Pharmaceutical
He 2014	Ginkgo leaf extracts	-	-
Su 2015	Ginkgo leaf extracts	-	Yiling Pharmaceutical
Zhang 2016	Ginkgo leaf extracts	-	-
Jia 2011	Tongxinluo	-	Yiling Pharmaceutical
Ye 2013	Tongxinluo	-	-
Yu 2017	Fufang Haishe capsule	XiEnKai	Hacon Pharmaceutical
Liu 2008	Yangxue Qingnao granules	-	-
Zhao 2011	Yangxue Qingnao granules	-	-
Lan 2015	Qizhi Tongluo capsule	-	-
Lin 2009	Astragalus injection	-	Chengdu Diao Pharmaceutical Co., Ltd
Wu 2017	Tianmeng oral liquid	-	Rongchang Pharmaceuticals
Zheng 2014	Yindanxinnaotong soft capsule	-	Guizhou Bailing Enterprise Group Pharmaceutical
Yakoot 2013	Memo capsule	-	-
Li 2009	Quan Tian Ma capsule	-	Eakang Pharmaceutical
Huang 2015	Liuwei Dihuang pills	NingAnTang	Hubei Ruihua Pharmaceutical
Wang 2014	Compound Congrong Yizhi capsule	-	-
Zhang 2010	Compound Congrong Yizhi capsule	-	-
Yang 2020	Yinxing Tongzhi tablets	SiTaiLong	Shanghai Xingling Technology Pharmaceutical Co., Ltd
Chen 2017a	Shenzhiling oral liquid	-	Wohua Pharmaceutical

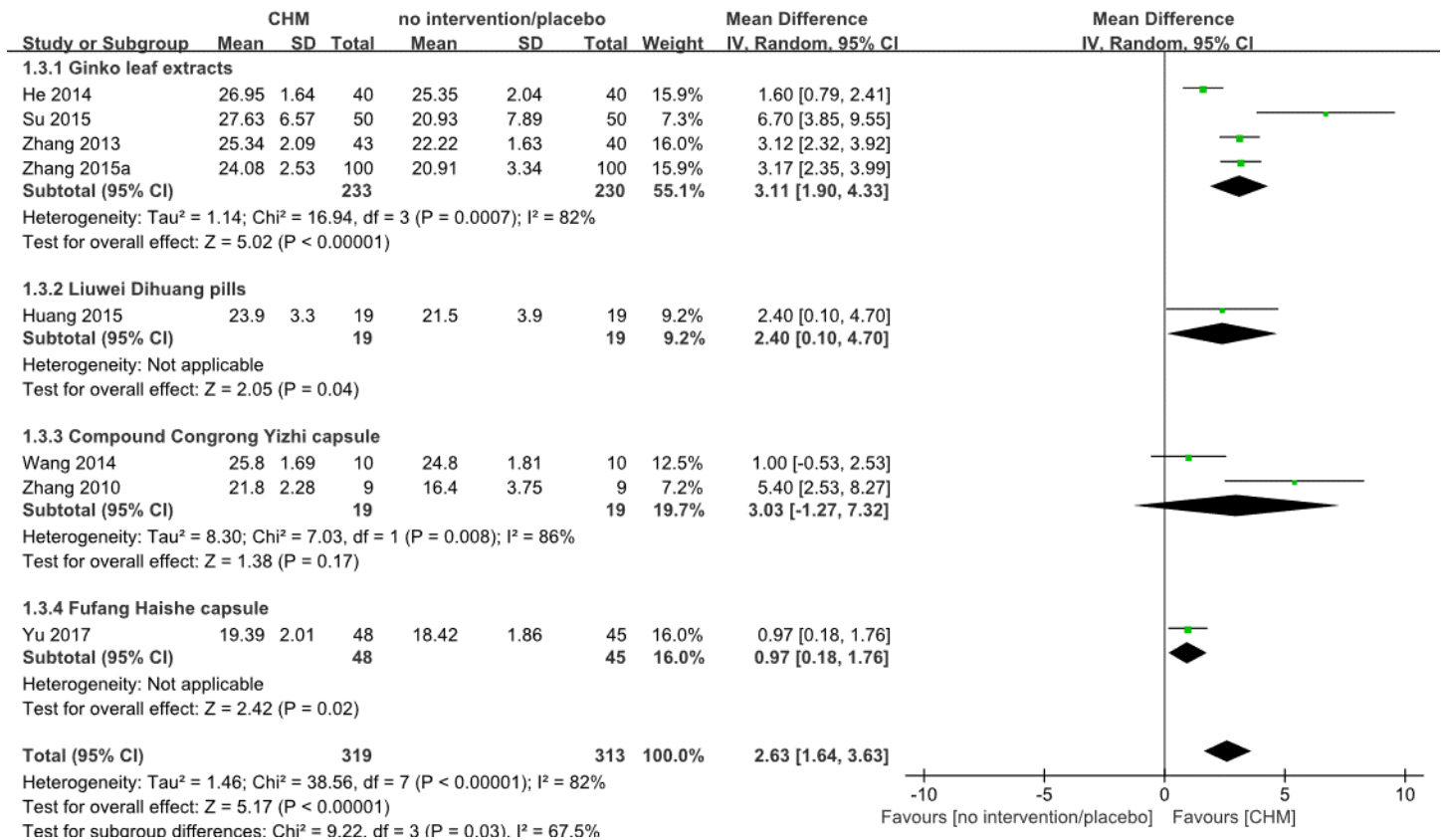
Gao 2015	Compound Congrong Yizhi capsule	-	Liaoyuan Yulong Yadong Pharmaceutical
Ouyang 2011	Jiannaο Bushen pill	-	Tsinghuawei Pharmaceutical
Xie 2009	Tianzhi granules	-	Henan Wanxi Pharmaceutical
Chen 2017b	Compound Congrong Yizhi capsule	-	Liaoyuan Yulong Yadong Pharmaceutical
Tian 2003	Jinsiwei pill	-	Henan Wanxi Pharmaceutical
Zhang 2018	Fufang Huonao Shu	-	Jilin Province Huinan Changlong Biochemical Pharmaceutical
Zhu 2010	Xuanyunning tablets	-	Sanjin Group Guilin Sanjin Biopharmaceuticals
Li 2013b	Ginkgo tablets	YiKangNing	Yangzi River Pharmaceutical Group
Cai 2015	Shuganjieyu capsule	-	Kanghong Pharmaceutical
Guo 2015	Xinnaoning capsule	-	Guizhou Antai Pharmaceutical
Meng 2012	Compound Congrong Yizhi capsule	-	Liaoyuan Yulong Yadong Pharmaceutical
Yuan 2013	Huan Shao capsules	-	Chongqing Sanxia Yunhai Pharmaceutical
Dong 2017	Gui Ling Ji capsule	-	GuangYu Yuan Pharmaceutical
Zheng 2016	Ginkgo biloba extract tablet	-	Beijing Sihuan Pharmaceutical
Zhu 2002	Nao Li Bao pills	-	Henan Wanxi Pharmaceutical
Zhang 2015b	Compound Congrong Yizhi	-	Liaoyuan Yulong Yadong Pharmaceutical
Gavrilova 2014	Ebb 761 (Ginkgo biloba extracts tablets)	-	-
Liu 2020	Zhongfeng Huichun tablet, 5 tablets	Zhongfeng Huichun tablet Yuzhou Yaowang	Henan Yuzhou Yaowang Pharmaceutical
Guo 2020	Jinlida granules	-	Yiling Pharmaceutical
Gschwind 2017	GBE 1370	-	Symfona® forte



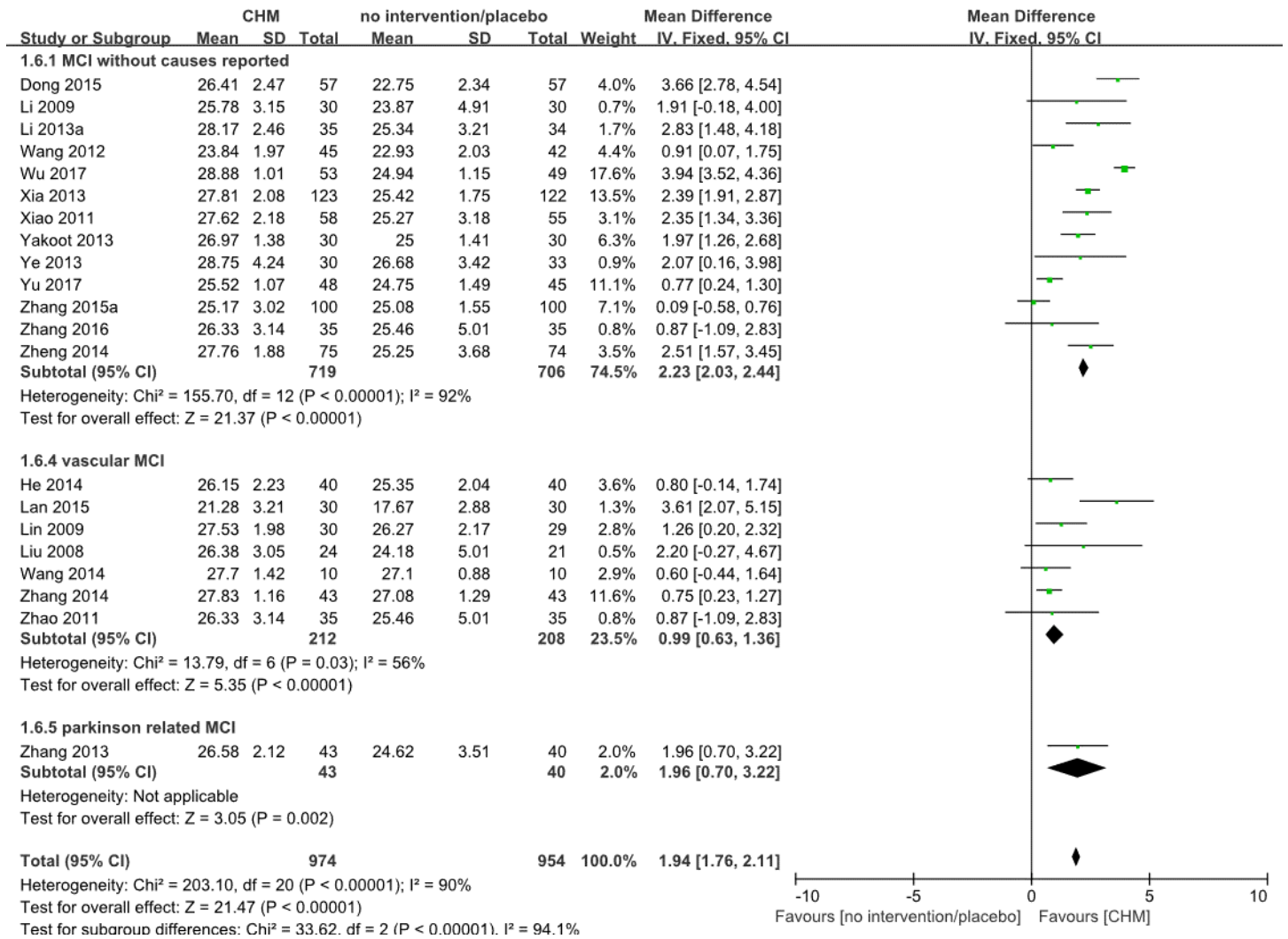
## Supplementary Figures



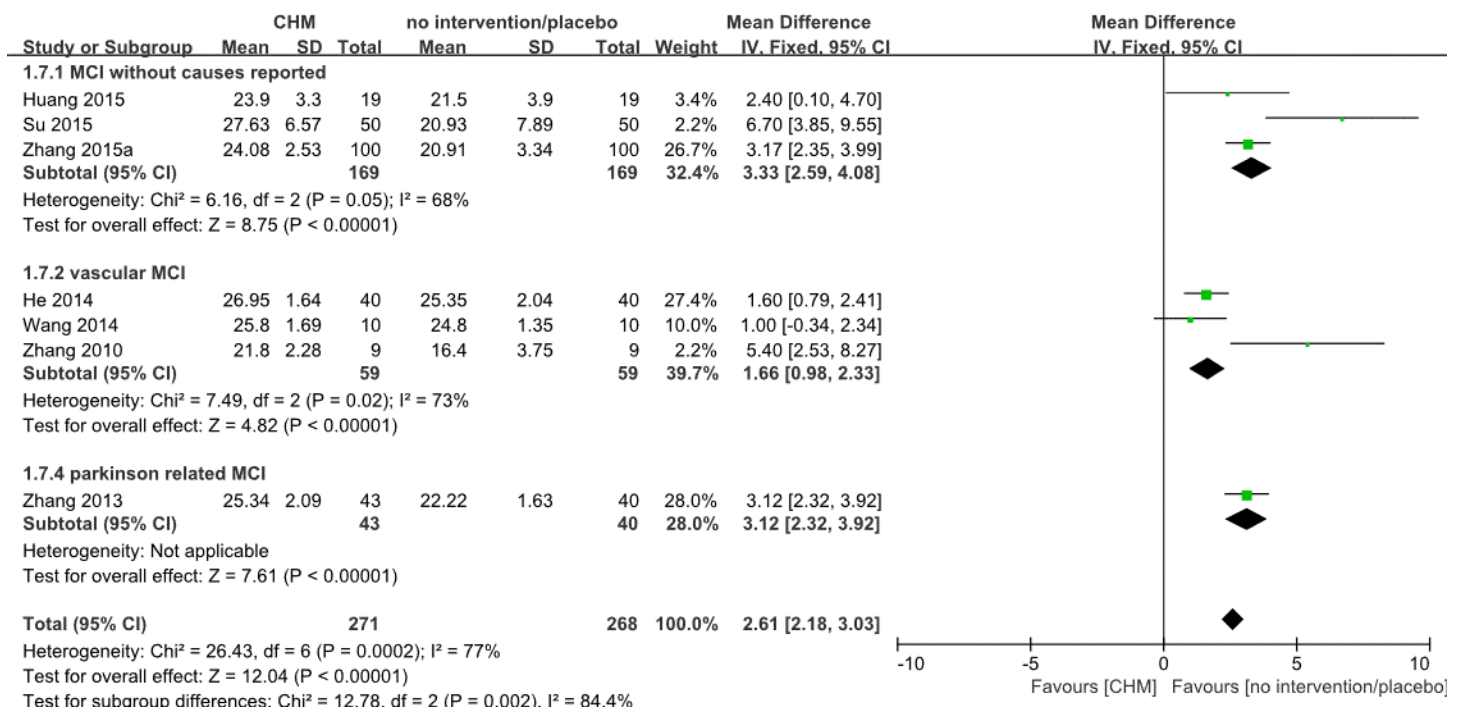
**Supplementary Fig. 1.** Forest plot of subgroup analyses of comparing trials with different Chinese herbal medicine and no intervention/ placebo, outcome: MMSE



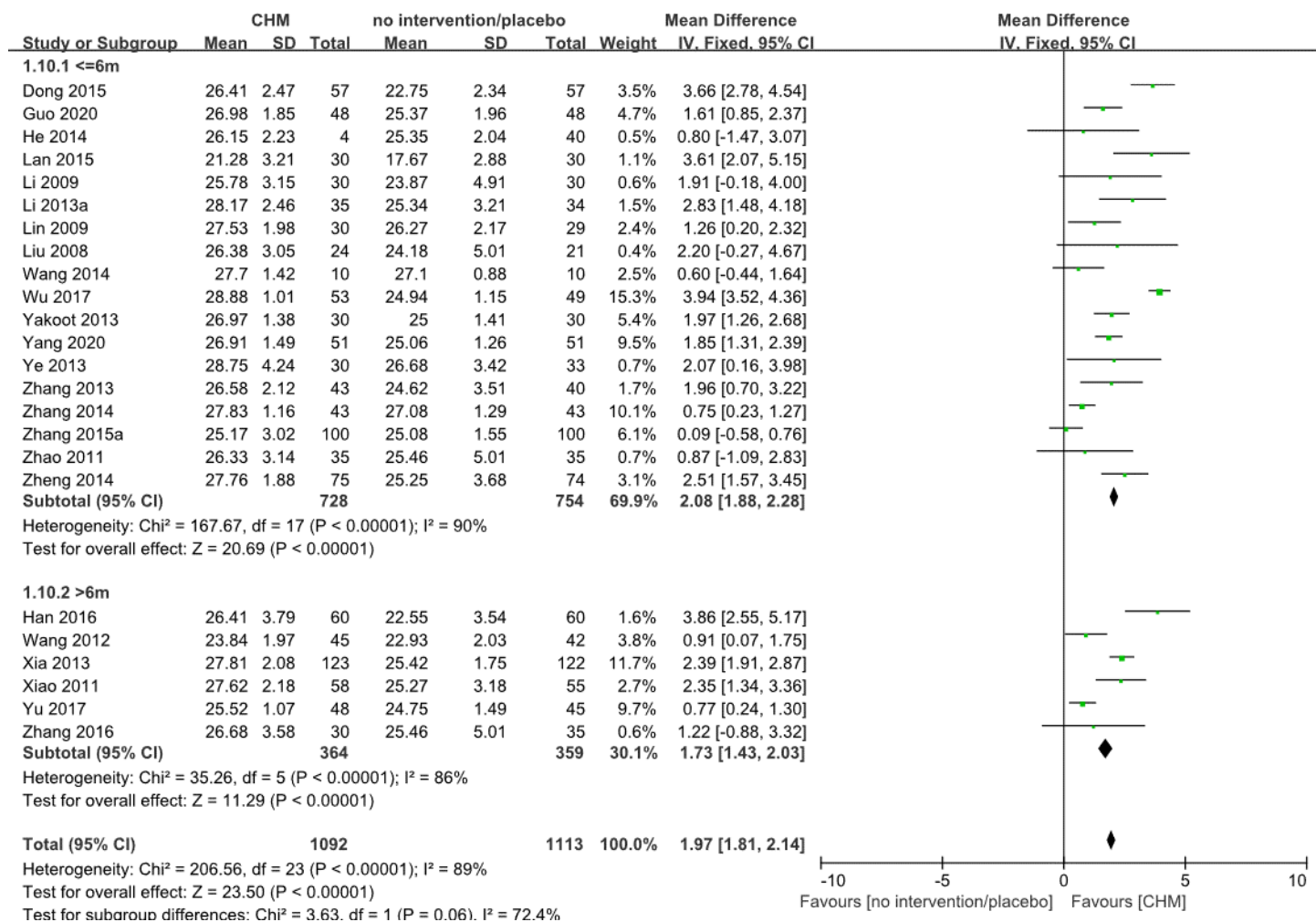
**Supplementary Fig. 2.** Forest plot of subgroup analyses of comparing trials with different Chinese herbal medicine and no intervention/ placebo, outcome: MoCA



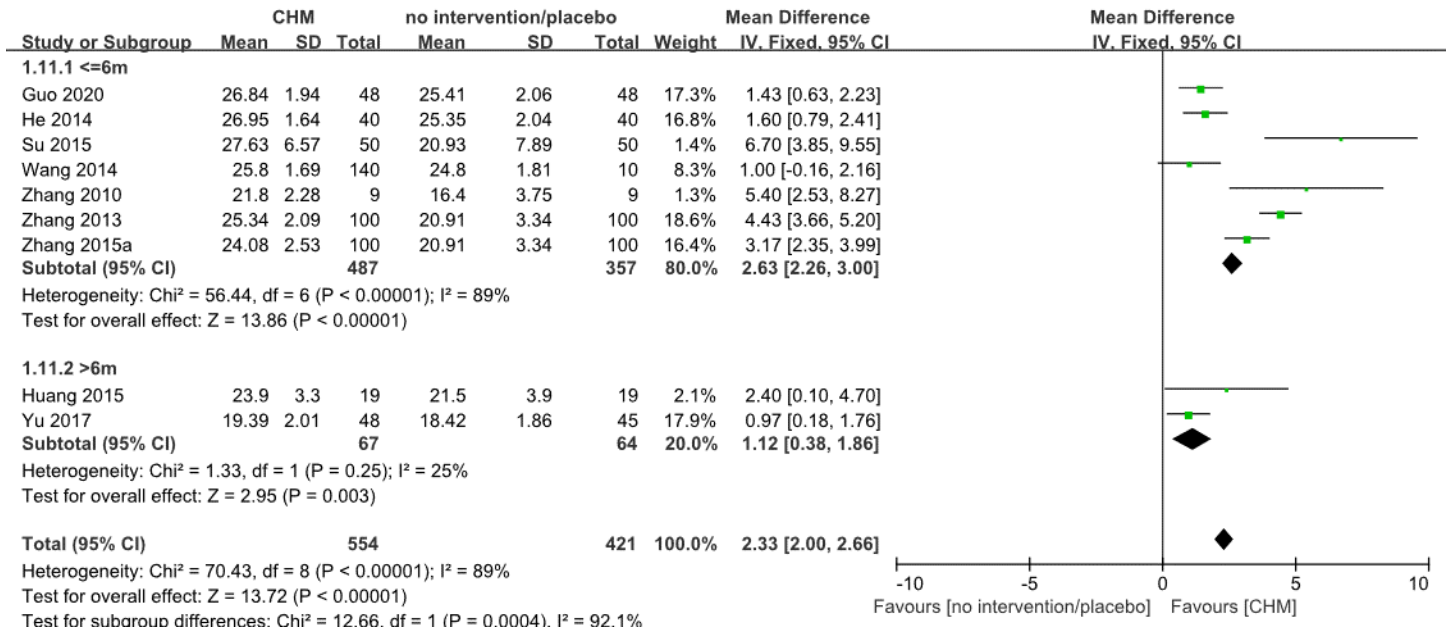
**Supplementary Fig. 3.** Forest plot of subgroup analyses of comparing trials with different causes of MCI of Chinese herbal medicine versus no intervention/ placebo, outcome: MMSE



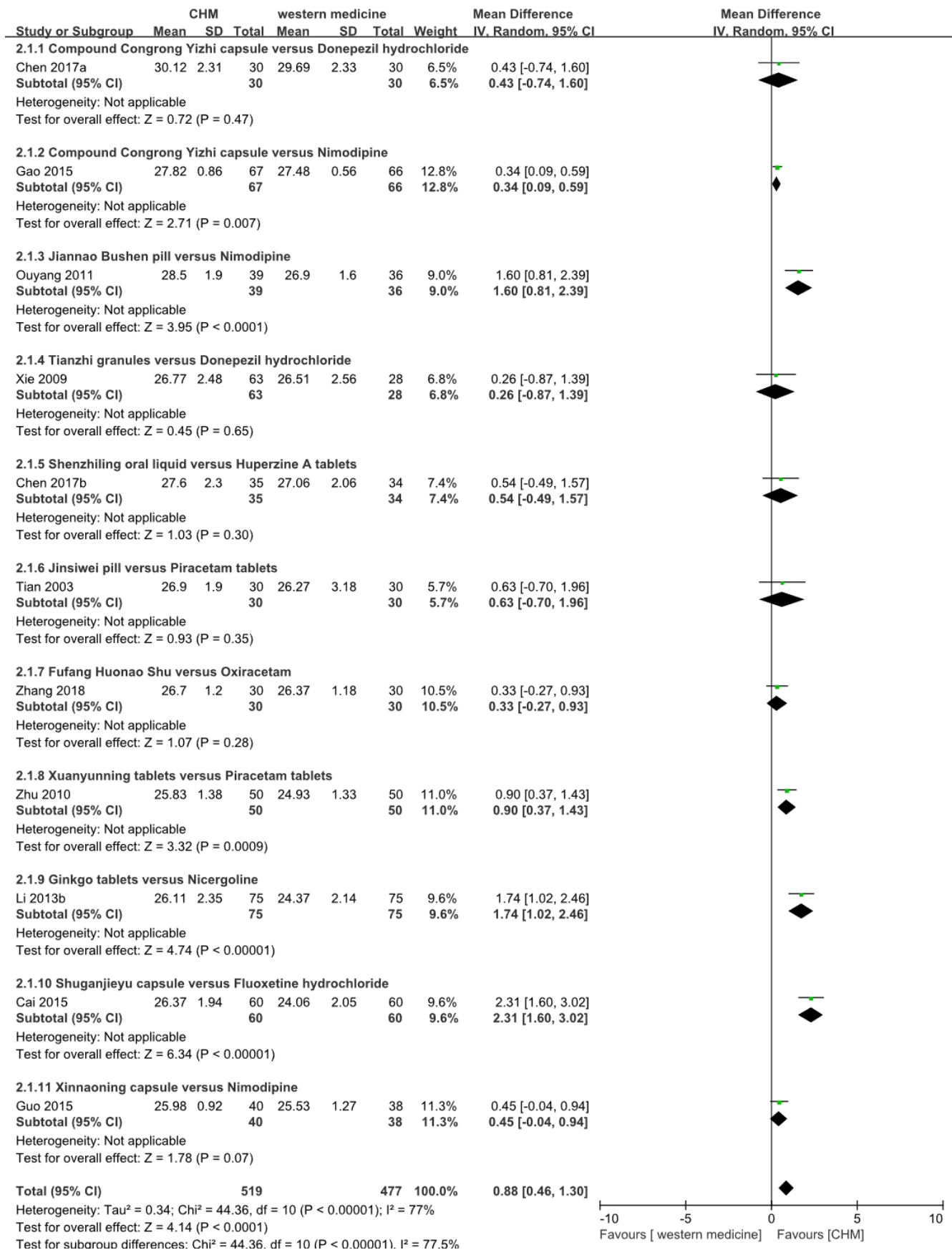
**Supplementary Fig. 4.** Forest plot of subgroup analyses of comparing trials with different causes of MCI of Chinese herbal medicine versus no intervention/ placebo, outcome: MoCA



**Supplementary Fig. 5.** Forest plot of subgroup analyses of comparing trials with different treatment duration of Chinese herbal medicine versus no intervention/ placebo, outcome: MMSE

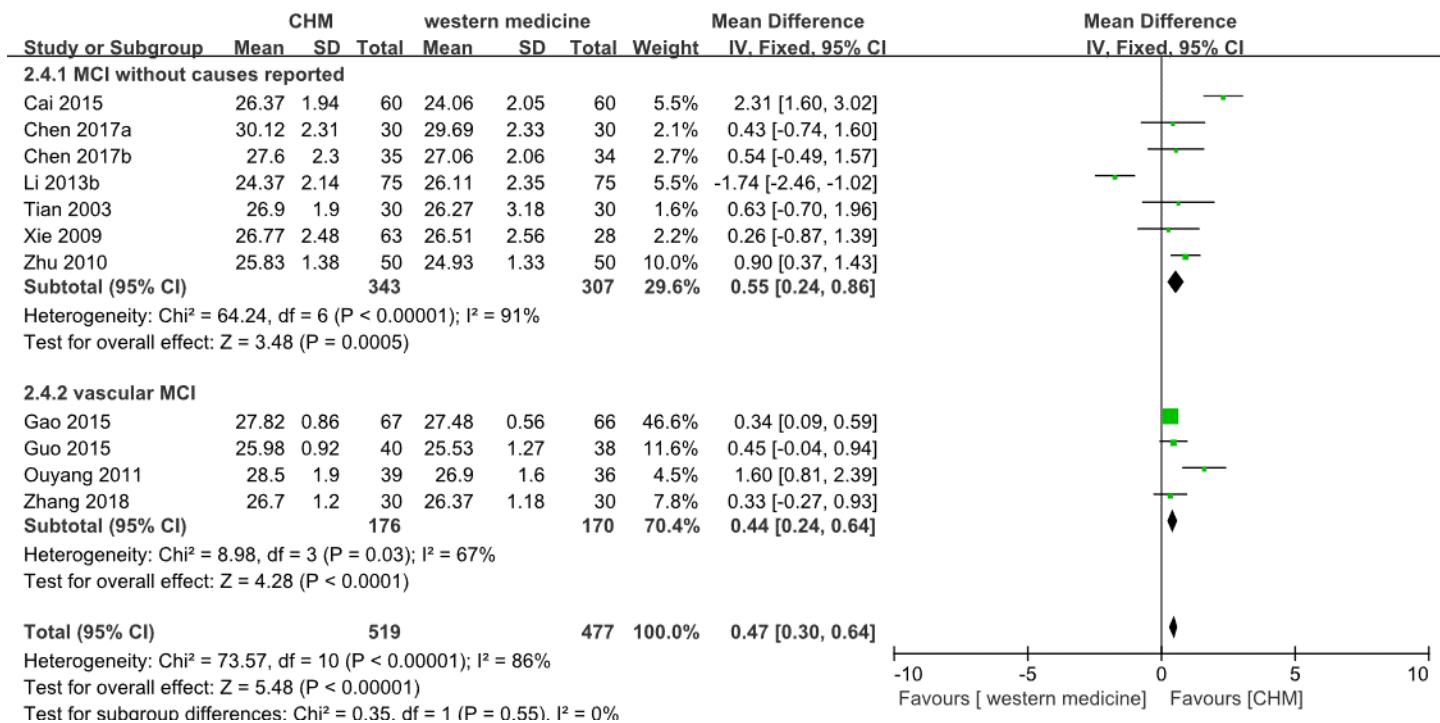


**Supplementary Fig. 6.** Forest plot of subgroup analyses of comparing trials with different treatment duration of Chinese herbal medicine versus no intervention/ placebo, outcome: MoCA

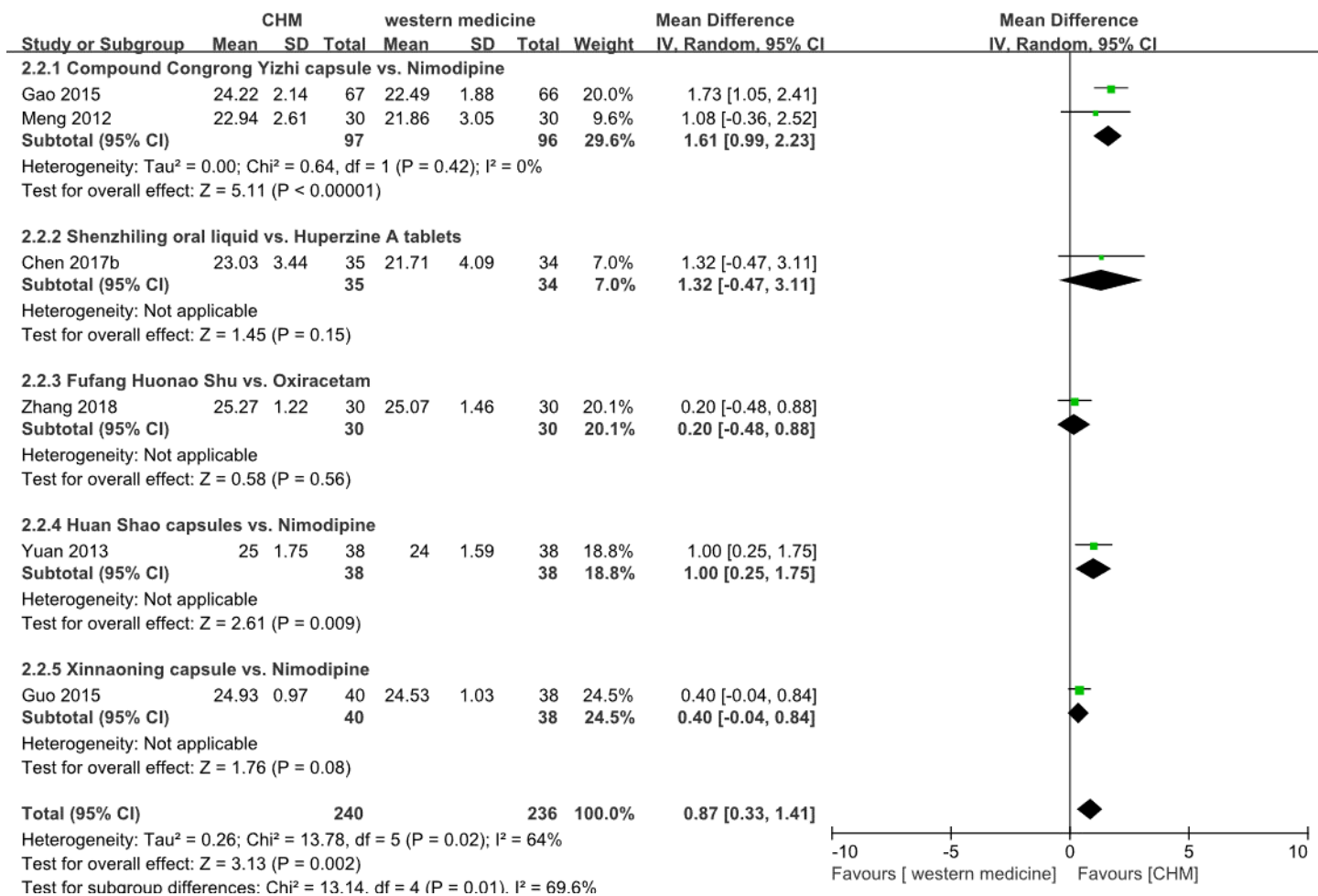


**Supplementary Fig. 7.** Forest plot of subgroup analyses of different intervention of Chinese herbal medicine versus western medicine, outcome: MMSE



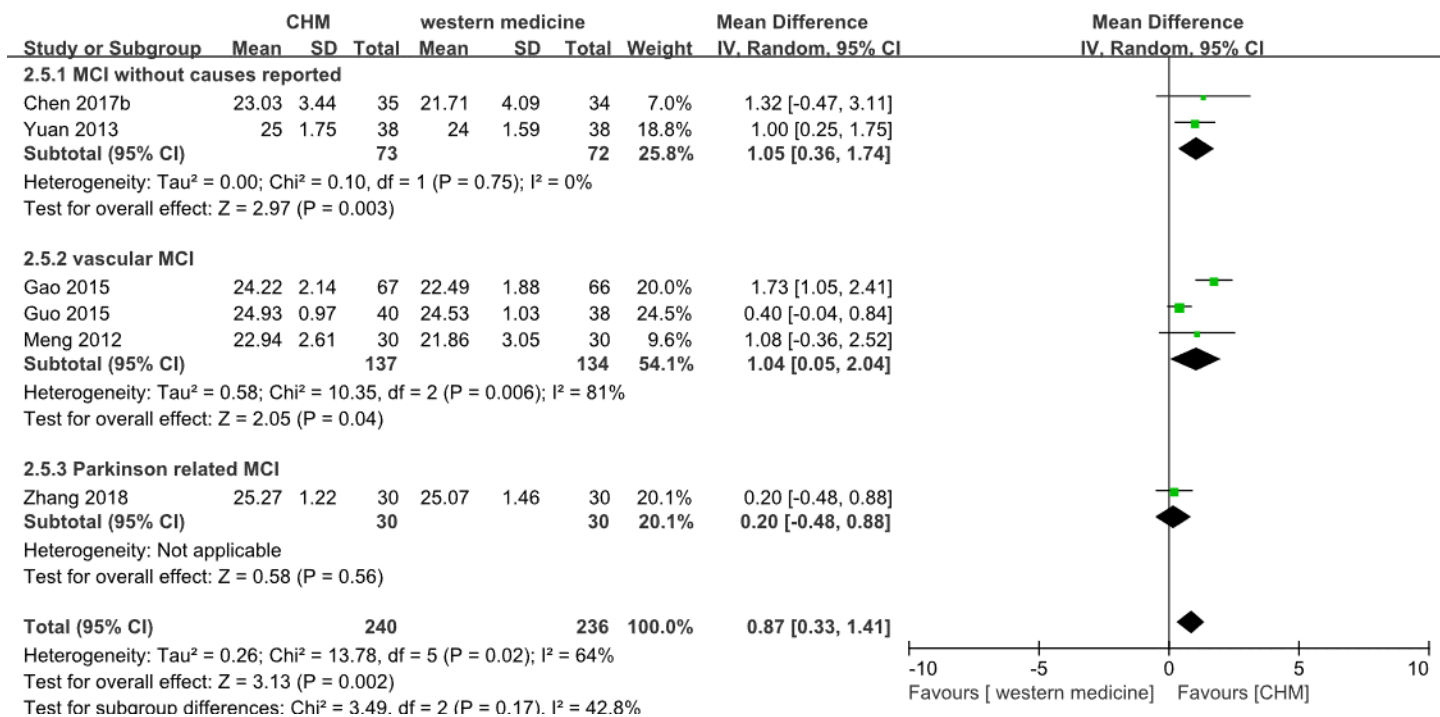


**Supplementary Fig. 8.** Forest plot of subgroup analyses of different causes of MCI of Chinese herbal medicine versus western medicine, outcome: MMSE

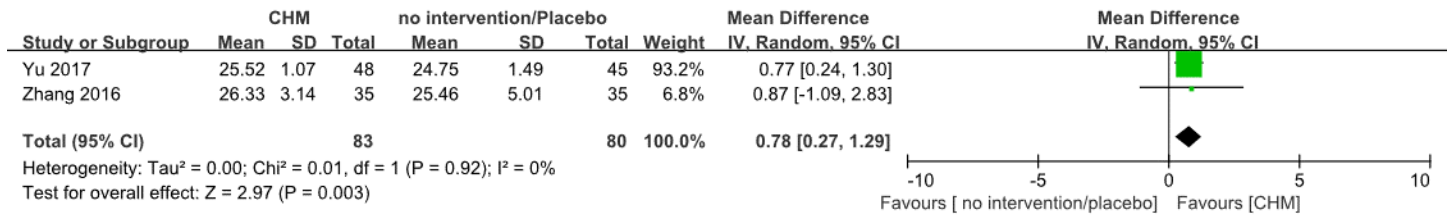


**Supplementary Fig. 9.** Forest plot of subgroup analyses of different intervention of Chinese herbal medicine versus western medicine, outcome: MoCA

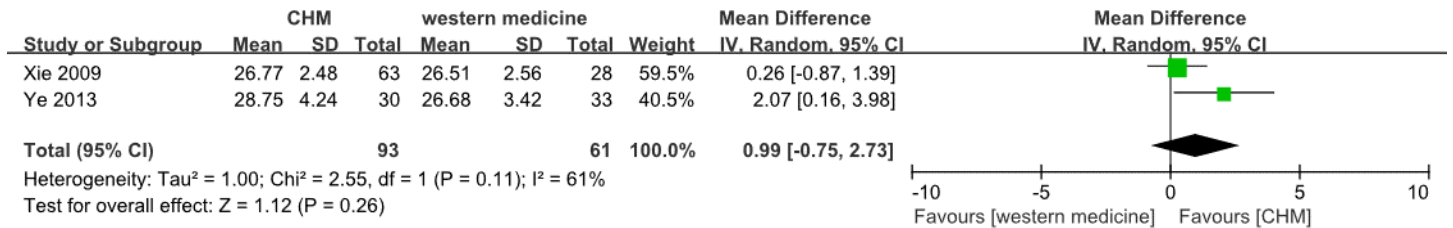




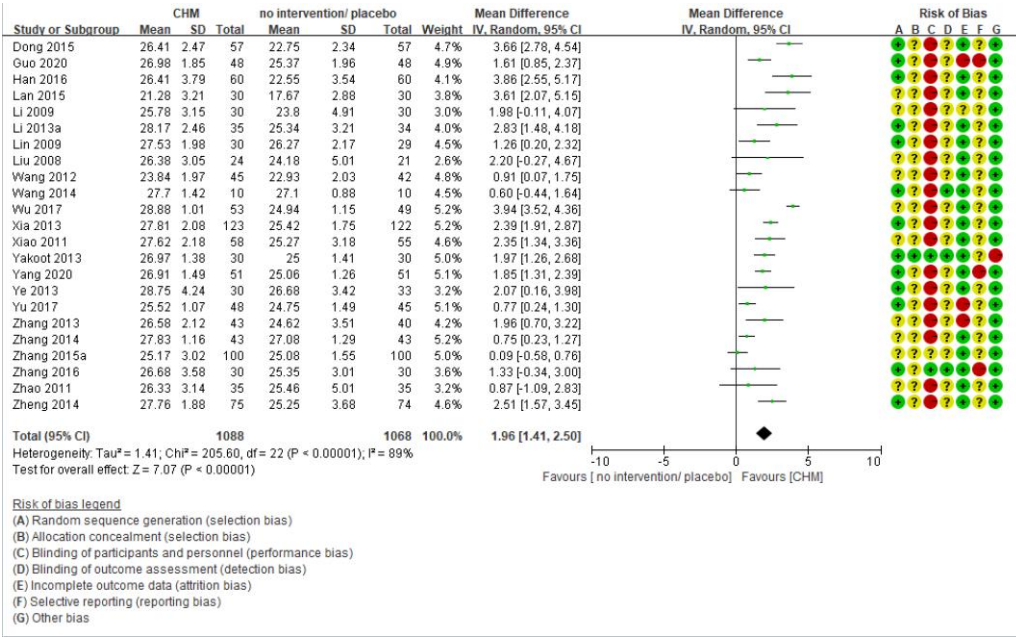
**Supplementary Fig. 10.** Forest plot of subgroup analyses of different causes of MCI of Chinese herbal medicine versus western medicine, outcome: MoCA



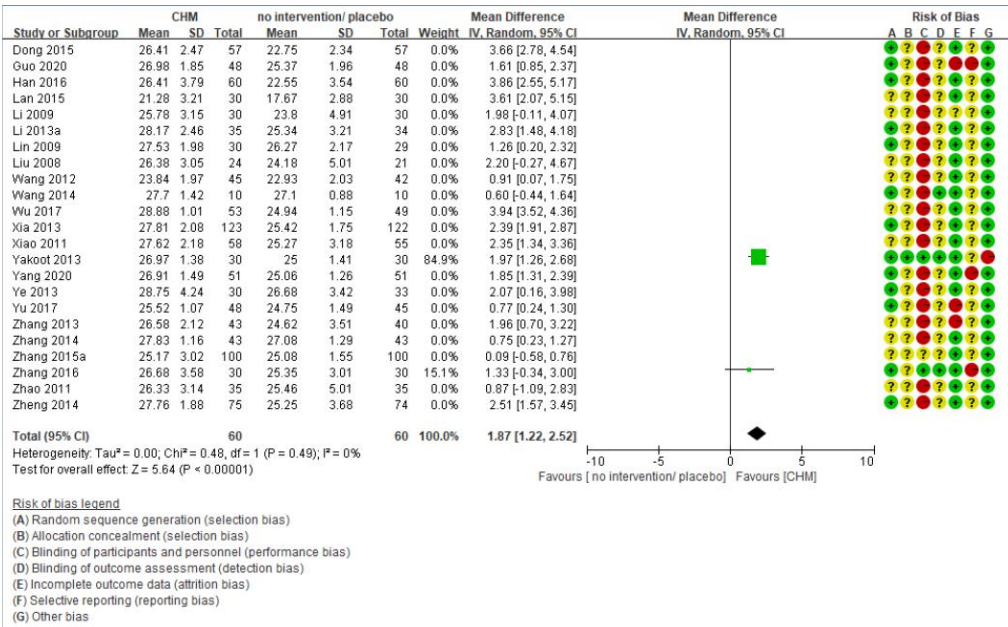
**Supplementary Fig. 11.** Forest plot of subgroup analyses of amnesic MCI of Chinese herbal medicine versus no intervention/placebo, outcome: MMSE



**Supplementary Fig. 12.** Forest plot of subgroup analyses of amnesic MCI of Chinese herbal medicine versus western medicine, outcome: MMSE



(A)



(B)

**Supplementary Fig. 13.** Forest plots of Chinese patent medicine versus no intervention/ placebo including all trials (A) and including trials with lower risk of bias (B), outcome: MMSE