

## **Supplement 1. MEDLINE OvidSP Search Strategy**

1. Dysmenorrhoea
2. Period pain
3. menstrual pain
4. cramps
- 5. Gyejibongneyong-hwan**
6. Guizhi-Fuling-Wan
7. Keishibukuryo-gan
8. randomized controlled trial.pt.
9. controlled clinical trial.pt.
10. randomized.ab.
11. placebo.tw.
12. clinical trials as topic.sh.
13. randomly.ab
14. trial.ti.
15. (crossover or cross-over or cross over).tw.
16. 8-15/or
17. exp animals/ not humans.sh.
18. 16 not 17
19. 21, and 18

## **Supplement 2. CNKI search strategy**

1. Dysmenorrhoea
2. Period pain
3. menstrual pain
4. cramps
- 5. Gyejibongneyong-hwan**
6. Guizhi-Fuling-Wan
7. Keishibukuryo-gan
8. random
9. control
10. clinical trial
11. blind procedure
12. placebo
- 13.16-20/or

### Supplement 3. Summary of randomized clinical studies form.

First author (year)	Patients No. (M/F); Age, mean Country (I/C); Diagnosis; Duration of disease;	Intervention Group (Regime)	Control group (Regime)	Duration of treatment (total times)	Main outcomes	Intergroup differences	Adverse events
Study 1							
Study 2							
Study 3							
.....							

Supplement 4. Summarized interventions in the included studies.

First author (year)	Herbal type Method (Fixed/Partially Individualized/ Individualized) <sup>1</sup>	Treatment rationale	Regimen	Response Sought	Co-intervention
Study 1					
Study 2					
Study 3					
.....					

1. Herbal type was classified into 3 categories on the basis of the types “pill”, “decoction” and means.

**Supplement 5. Risks of bias in the included RCTs.**

First author (year)	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other sources of bias
Study 1							
Study 2							
Study 3							
.....							

‘L’ indicates a low risk of bias; ‘U’ indicates that the risk of bias is uncertain; ‘H’ indicates a high risk of bias.