

Table 1 GRADE Summary of Findings (Evidence Quality)

Comparison	Outcomes	SMD	95% CI	N	k	I ² (%)	Quality	Comments
<i>Buzhong Yiqi Decoction (Human)</i>								
	Muscle mass	1.39	[0.49, 2.29]	200	3	87.7	LOW	Significant heterogeneity
	Muscle strength	0.41	[0.13, 0.69]	200	3	4.9	MODERATE	Statistically significant
	Muscle function	0.95	[-0.92, 2.83]	140	2	96.2	VERY LOW	Not significant
	CRP	-0.92	[-1.27, -0.57]	140	2	0	MODERATE	Favours TCM
<i>Buzhong Yiqi Decoction (Animal)</i>								
	Gastrocnemius mass	2.06	[1.42, 2.69]	64	3	0	MODERATE	Large effect
	Body weight	2.47	[0.87, 4.08]	66	4	79.1	LOW	Heterogeneity
	Gastrocnemius index	1.71	[1.13, 2.28]	72	4	19.1	MODERATE	Large effect
	Grip strength	2.45	[1.75, 3.15]	66	4	47.7	MODERATE	Large effect
	MyoD mRNA	2.05	[-1.48, 5.59]	42	4	90.1	VERY LOW	Not significant
	Exhaustive swimming	1.87	[0.94, 2.81]	82	5	64.3	LOW	Heterogeneity
<i>Shenqi Paste (Human)</i>								
	SMI	0.64	[0.04, 1.23]	267	2	82.3	LOW	Borderline significant
	Grip strength	0.07	[-0.17, 0.31]	267	2	4.1	LOW	Not significant
	FTSST	-0.19	[-0.43, 0.05]	267	2	0	LOW	Not significant
<i>Bazhen Decoction (Human)</i>								
	Muscle strength	1.13	[-1.12, 3.38]	304	2	98.2	VERY LOW	Extreme heterogeneity
	Muscle mass	3.47	[-3.37, 10.31]	304	2	99.3	VERY LOW	Extreme heterogeneity
	Gait speed	4.38	[-3.45, 12.21]	304	2	99.3	VERY LOW	Extreme heterogeneity
<i>Shenling Baizhu Powder (Human)</i>								
	SMI	0.61	[-0.34, 1.56]	317	2	92.0	VERY LOW	Not significant
	Grip strength	0.41	[0.19, 0.63]	317	2	0	MODERATE	Statistically significant
	Gait speed	0.17	[-0.05, 0.39]	317	2	0	LOW	Not significant

GRADE Quality Levels: HIGH (4/4); MODERATE (3/4); LOW (2/4); VERY LOW (1/4 or 0/4)

Abbreviations: SMD, standardized mean difference; N, total participants; k, number of studies; SMI, skeletal muscle index; CRP, C-reactive protein; FTSST, five-times sit-to-stand test; TCM, traditional Chinese medicine.