Supplementary Table 1. The information about composition and processing of the three most commonly prescribed formulae

| Name                  | Ingredients                                                                 | Percentage (%) | Processing                                                                 |
|-----------------------|-----------------------------------------------------------------------------|----------------|---------------------------------------------------------------------------|
| Ji-Sheng-Shen-Qi-Wan  | *Rehmannia glutinosa* (Gaertn.) DC. [Orobanchaceae; Rehmanniae Radix (Shou.Di.-Huang)] | 26.0%          | These three formulae were manufactured by Good Manufacturing Practice (GMP) pharmaceutical companies in Taiwan according to the regulation of the Department of Chinese Medicine and Pharmacy, Ministry of Health and Welfare, Taiwan. The processing of the formula starts from boiling certain single herbs in water for the decoction, and the decoction was condensed to a concentrated solution for spray drying. Then, add a proper amount of starch to make granulations. |
|                       | *Cornus officinalis* Siebold & Zucc. [Cornaceae; Corni Sarcocarpium (Shan-Zhu-Yu)] | 13.0%          |                                                                             |
|                       | *Dioscorea oppositifolia* L. [Dioscoreaceae; Dioscoreae Rhizoma (Shan-Yao)]       | 13.0%          |                                                                             |
|                       | *Wolfiporia cocos* (Schw.) Ryv. & Cilbn [Polyporaceae; Poria (Fu-Ling)]        | 10.0%          |                                                                             |
|                       | *Paeonia suffruticosa* Andrews [Paeoniaceae; Moutan Radicis Cortex (Mu-Dan-Pi)] | 10.0%          |                                                                             |
|                       | *Alisma orientalis* (Sam.) Juzep. [Alismataceae; Alismatis Rhizoma (Ze-Xie)]    | 10.0%          |                                                                             |
|                       | *Aconitum carmichaeli* Debeaux [Ranunculaceae; Aconiti Lateralis Radix Praeparata (Pao-Fu-Zi)] | 3.0%          |                                                                             |
|                       | *Cinnamomum cassia* Presl. [Lauraceae; Cinnamomi Cortex (Rou-Gui)]             | 3.0%          |                                                                             |
|                       | *Achyranthes bidentata* Blume [Amaranthaceae; Achyranthis bidentatae Radix (Huai-Niu-Xi)] | 6.0%          |                                                                             |
| Liu-Wei-Di-Huang-Wan  | *Plantago asiatica* L. [Plantaginaceae; Plantaginis Semen (Che-Qian-Zi)]       | 6.0%          |                                                                             |
|                       | *Rehmannia glutinosa* (Gaertn.) DC. [Orobanchaceae; Rehmanniae Radix (Shou.Di.-Huang)] | 32.0%         |                                                                             |
|                       | *Cornus officinalis* Siebold & Zucc. [Cornaceae; Corni Sarcocarpium (Shan-Zhu-Yu)] | 16.0%         |                                                                             |
|                       | *Dioscorea oppositifolia* L. [Dioscoreaceae; Dioscoreae Rhizoma (Shan-Yao)]     | 16.0%          |                                                                             |
Zhen-Wu-Tang

- *Wolfiporia cocos* (Schw.) Ryv. & Cilbn [Polyporaceae; Poria (Fu-Ling)] 12.0%
- *Paeonia suffruticosa* Andrews [Paeoniaceae; Moutan Radicis Cortex (Mu-Dan-Pi)]
- *Alisma orientalis* (Sam.) Juzep. [Alismataceae; Alismatis Rhizoma (Ze-Xie)] 12.0%

- *Wolfiporia cocos* (Schw.) Ryv. & Cilbn [Polyporaceae; Poria (Fu-Ling)] 25.0%
- *Paeonia lactiflora* Pall. [Paeoniaceae; Paeoniae Alba Radix (Bai-Shao-Yao)] 25.0%
- *Zingiber officinale* Roscoe [Zingiberaceae; Zingiberis Rhizoma Recens (Sheng-Jiang)] 25.0%
- *Atractylodes macrocephalae* Koidz. [Asteraceae; Atractylodis macrocephalae Rhizoma (Bai-Zhu)] 16.5%
- *Aconitum carmichaeli* Debeaux [Ranunculaceae; Aconiti Lateralis Radix Praeparata (Pao-Fu-Zi)] 8.5%