

Appendix: Supplementary Materials

Table S1. Literature search strategy

Database	Search strategy
Pubmed	1.Lactation 2.Milk secretion 3.Hypogalactia 4.Hypogalactia [MeSH] 5.Acupuncture 6.Acupressure 7.Moxibustion 8.Massage 9.Tuina 10.Acupuncture [MeSH] 11.1 OR 2 OR 3 OR 4 12.5 OR 6 OR 7 OR 8 OR 9 OR 10 13.11 AND 12
MEDLINE	1.Lactation.mp 2.Milk secretion.mp 3.Hypogalactia.mp 4.Hypogalactia/ 5.Acupuncture.mp 6.Acupressure.mp 7.Moxibustion.mp 8.Massage.mp 9.Tuina.mp 10.Acupuncture/ 11.1 OR 2 OR 3 OR 4 12.5 OR 6 OR 7 OR 8 OR 9 OR 10 13.11 AND 12
Embase	1.Lactation 2.Milk secretion 3.Hypogalactia 4.Hypogalactia/exp 5.Acupuncture 6.Acupressure 7.Moxibustion 8.Massage 9.Tuina 10.Acupuncture/exp 11.1 OR 2 OR 3 OR 4 12.5 OR 6 OR 7 OR 8 OR 9 OR 10

Cochrane Library	1.Lactation 2.Milk secretion 3.Hypogalactia 4.Acupuncture 5.Acupressure 6.Moxibustion 7.Massage 8.Tuina 9.1 OR 2 OR 3 10.4 OR 5 OR 6 OR 7 OR 8 11.9 AND 10
China National Knowledge Infrastructure (CNKI)	1.Lactation (哺乳) 2.Milk secretion (乳汁分泌) 3.Hypogalactia (泌乳不足) 4.Acupuncture (針灸) 5.Acupressure (穴位) 6.Moxibustion (艾灸) 7.Massage (按摩) 8.Tuina (推拿) 9.1 OR 2 OR 3 10.4 OR 5 OR 6 OR 7 OR 8 11.9 AND 10
Airiti Library	1.Lactation (哺乳) 2.Milk secretion (乳汁分泌) 3.Hypogalactia (泌乳不足) 4.Acupuncture (針灸) 5.Acupressure (穴位) 6.Moxibustion (艾灸) 7.Massage (按摩) 8.Tuina (推拿) 9.1 OR 2 OR 3 10.4 OR 5 OR 6 OR 7 OR 8 11.9 AND 10
ClinicalTrials.gov	Condition or disease: hypogalactia Other terms: lactation Intervention/Treatment: acupoint

Figure S1. Risk of bias graph: review authors' judgements about each risk of bias item (RoB 2.0) presented as percentages across all included studies

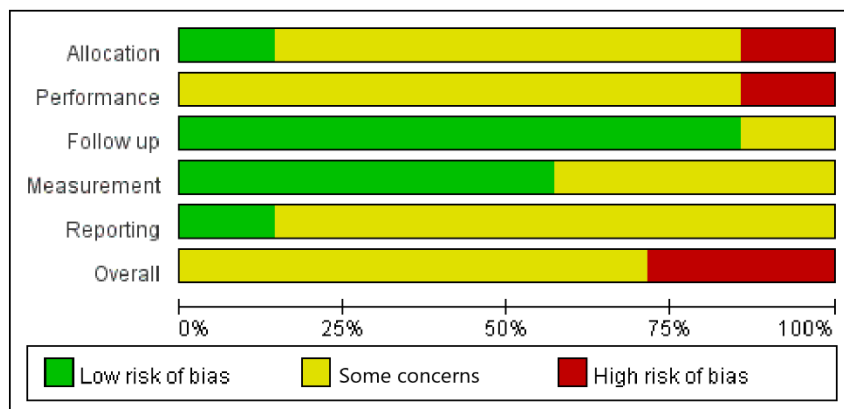


Figure S2. Methodological quality summary: review authors' judgements about each methodological quality item for each including study (Milk volume)

	Allocation	Performance	Follow up: Milk volume	Measurement: Milk	Reporting: Milk volume	Overall: Milk volume
Wan 2020	○	○	+	-	○	-
Yu 2012	○	○	+	-	○	-
Zhou 2009	○	○	+	○	○	○
Lyu 2022	○	○	+	○	○	○
Li 2022	○	○	+	+	○	○
Lin 2021	○	○	+	○	○	○
Esfahani 2015	+	+	○	+	○	○
Fang 2016	○	○	+	-	○	-
Lu 2019	○	○	○	+	+	○
Lu 2010	○	○	+	+	○	○
Zheng 2012	-	○	+	+	○	-
Zhu Yunfei 2018	○	○	+	○	○	○
Zhu Ailing 2018	○	○	+	-	○	-
Zhu Hong 2018	○	○	+	○	○	○
Wang 2017	○	○	+	○	○	○
Zhong 2014	○	+	○	○	○	○
Chen 2012	○	○	+	○	○	○
Suwikrom 2021	○	○	+	+	○	○
Li 2014	○	○	+	-	○	-
Xian 2017	○	○	+	○	○	○

Figure S3. Methodological quality summary: review authors' judgements about each methodological quality item for each including study (Prolactin level)

	Overall: Prolactin level	Reporting: Prolactin level	Measurement: Prolactin level	Follow up: Prolactin level	Performance	Allocation
Maged 2020						
Yu 2012						
Zhou 2009						
Lyu 2022						
Lu 2019						
Lu 2010						
Zheng 2012						
Zhu Ailing 2018						
Zhu Hong 2018						
Wang 2017						
Chang 2015						
Xian 2017						

Figure S4: Methodological quality summary: review authors’ judgements about each methodological quality item for each including study (Colostrum time)

	Overall: Colostrum time	Reporting: Colostrum time	Measurement: Colostrum time	Follow up: Colostrum time	Performance	Allocation
Wan 2020						
Yu 2012						
Li 2022						
Fang 2016						
Lu 2010						
Luo 2017						
Zheng 2012						
Zhu Ailing 2018						

Figure S5. Subgroup analysis of volume of breast milk production (by duration of the intervention)

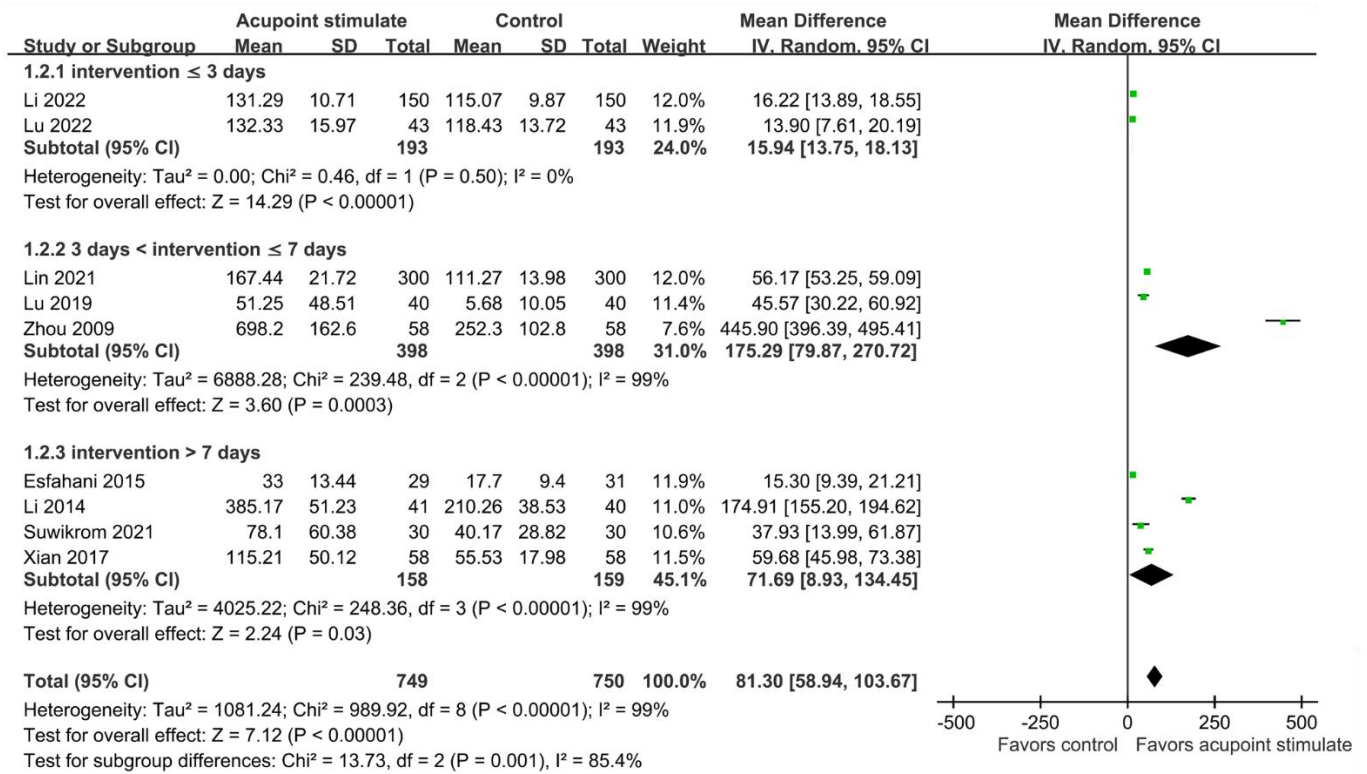


Figure S6. Sensitivity analysis of volume of breast milk production

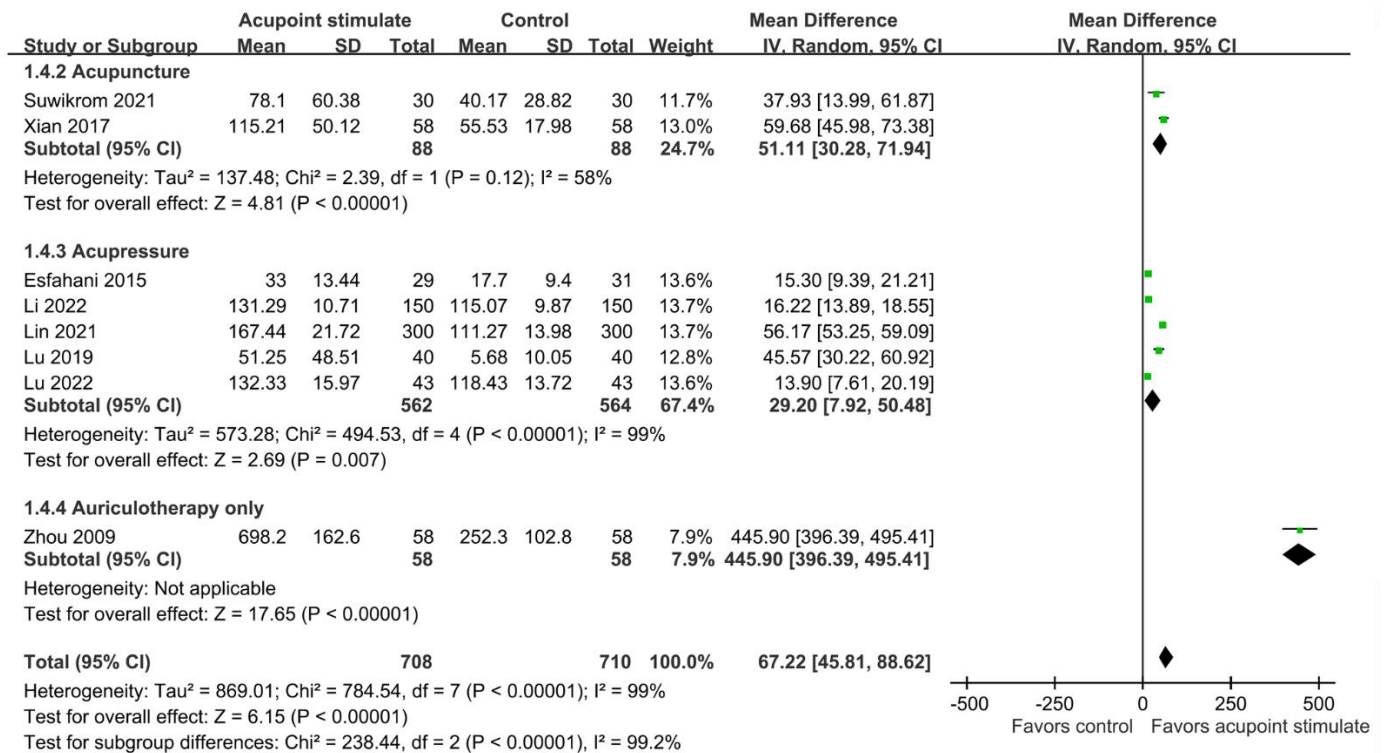


Figure S7. Sensitivity analysis of prolactin level

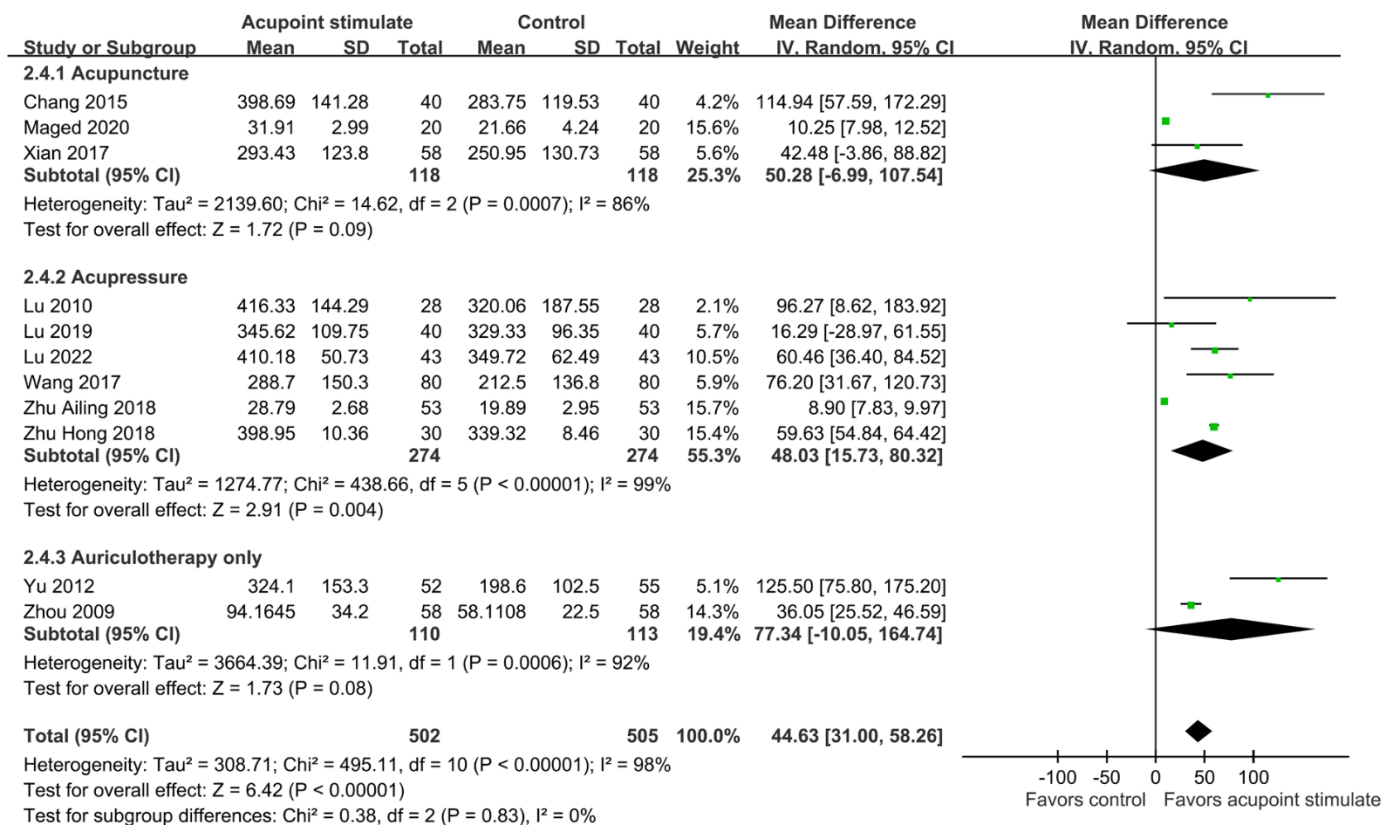


Table S2. Risk of bias judgement: *N* no, *NI* no information, *PN* probably not, *PY* probably yes, *Y* yes; *ITT* Intent-to-treat, *PP* Per-Protocol

	Allocati on	Performan ce	Follow up: Milk volume	Follow up: Prolacti n level	Follow up: Colostru m time	Measureme nt: Milk volume	Measureme nt: Prolactin level	Measureme nt: Colostrum time	Reportin g: Milk volume	Reportin g: Prolacti n level	Reportin g: Colostru m time
Chang 2015 (China)[48]	1.2PY-> 1.1NI-> 1.3N-> low risk	ITT 2.1, 2.2NI-> > 2.3NI-> some concerns 2.6Y-> low risk	not applicab le	3.1PY-> low risk	not applicab le	not applicable	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	not applicable	not applicab le	5.2, 5.3both N-> 5.1NI-> some concern s	not applicab le
Chen 2012 (China)[45]	1.2PY-> 1.1NI-> 1.3PY-> some concern s	ITT 2.1, 2.2NI-> > 2.3 NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	not applicab le	not applicab le	4.1N-> 4.2NI-> 4.3NI-> 4.4PN-> some concerns	not applicable	not applicable	5.2, 5.3 both N-> > 5.1 NI-> > some concern s	not applicab le	not applicab le
Esfahani 2015 (Iran)[26]	1.2Y-> 1.1Y-> 1.3 N-> low risk	PP 2.1, 2.2-> NI-> 2.3NA-> 2.4, 2.5 NA-> low risk	3.1N-> 3.2N-> 3.3NI-> 3.4PN-> some concern s	not applicab le	not applicab le	4.1N-> 4.2N-> 4.3PN-> low risk	not applicable	not applicable	5.2, 5.3 both N-> > 5.1NI-> > some concern s	not applicab le	not applicab le
Fang 2016 (China)[40]	1.2NI-> 1.3N-> some concern s	ITT 2.1, 2.2NI-> > 2.3NI-> some concerns 2.6Y->low risk	3.1Y-> low risk	not applicab le	3.1Y-> low risk	4.1NI-> 4.2NI-> 4.3 NI-> 4.4NI-> 4.5NI-> high risk	not applicable	4.1N-> 4.2NI-> 4.3 PN-> low risk	5.2, 5.3 both N-> > 5.1NI-> > some concern s	not applicab le	5.2, 5.3 both N-> > 5.1NI-> > some concern s
Li 2014 (China)[42]	1.2NI-> 1.3N-> some concern s	ITT 2.1, 2.2 either Y-> 2.3NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	not applicab le	not applicab le	4.1PY-> high risk	not applicable	not applicable	5.2, 5.3 both N-> > 5.1NI-> > some concern s	not applicab le	not applicab le

Li 2022 (China)[31]	1.2NI-> 1.3NI-> some concern s	ITT 2.1, 2.2 either Y-> 2.3NI-> some concerns 2.6PY-> low risk	3.1NI-> 3.2PY-> low risk	not applicab le	3.1NI-> 3.2PY-> low risk	4.1N-> 4.2N-> 4.3PN-> low risk	not applicable	4.1N-> 4.2N-> 4.3PN-> low risk	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le	5.2, 5.3 both N- > 5.1NI- > some concern s
Lin 2021 (China)[32]	1.2NI-> 1.3N-> some concern s	2.1, 2.2 either Y-> 2.3NI-> some concerns 2.6Y-> low risk	3.1NI-> 3.2PY-> low risk	not applicab le	not applicab le	4.1N-> 4.2NI-> 4.3NI-> 4.4PN-> some concerns	not applicable	not applicable	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le	not applicab le
Lu 2010 (China)[46]	1.2 NI- >1.3N-> some concern s	ITT 2.1, 2.2either Y-> 2.3NI- > some concerns 2.6Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	4.1N-> 4.2 PN-> 4.3PY- > 4.4N-> low risk	4.1N-> 4.2 PN-> 4.3PY- > 4.4N-> low risk	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s
Lu 2019 (China)[34]	1.2PY-> 1.1NI- >1.3PY- > some concern s	ITT 2.1, 2.2either Y-> 2.3NI- > some concerns 2.6Y-> low risk	3.1NI- >3.2PN- > 3.3PY- > 3.4N-> some concern s	3.1NI-> 3.2PN-> 3.3PY-> 3.4N-> some concern s	not applicab le	4.1NI-> 4.2N- >4.3NI- >4.4PN-> low risk	4.1NI-> 4.2N- >4.3NI- >4.4PN-> low risk	not applicable	5.2, 5.3 both N- > 5.1Y-> low risk	5.2, 5.3 both N- > 5.1Y-> low risk	not applicab le
Lu 2022 (China)[30]	1.2NI-> 1.3PN-> some concern s	ITT 2.1, 2.2either Y-> 2.3NI- > some concerns 2.6Y-> low risk	3.1NI-> 3.2PY-> low risk	3.1NI-> 3.2PY-> low risk	not applicab le	4.1N-> 4.2NI-> 4.3NI-> 4.4PN-> some concerns	4.1N-> 4.2NI-> 4.3NI-> 4.4PN-> some concerns	not applicable	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le
Luo 2017 (China)[49]	1.2NI-> 1.3PN-> some	ITT 2.1, 2.2either	not applicab le	not applicab le	3.1NI-> 3.2PN-> 3.3NI->	not applicable	not applicable	4.1NI-> 4.2N- >4.3NI-	not applicab le	not applicab le	5.2, 5.3 both N- > 5.1NI-

	concerns	Y-> 2.3NI-> some concerns 2.6Y-> low risk			3.4PN-> some concerns			>4.4PN-> low risk			> some concerns
Maged 2020 (Egypt)[27]	1.2Y-> 1.1Y-> 1.3N-> low risk	ITT 2.1, 2.2either Y-> 2.3NI-> some concerns 2.6Y-> low risk	not applicable	3.1Y-> low risk	not applicable	not applicable	4.1NI-> 4.2N-> >4.3NI-> >4.4PN-> low risk	not applicable	not applicable	5.2, 5.3 both N-> 5.1NI-> some concerns	not applicable
Neri 2011 (Italy)[29]	1.2NI-> 1.3PN-> some concerns	PP 2.1, 2.2either Y-> 2.3NA-> 2.4, 2.5NI-> 2.6PY-> some concerns	not applicable	not applicable	not applicable	not applicable	not applicable	not applicable	not applicable	not applicable	not applicable
Suwikrom 2021 (Thailand)[28]	1.2NI-> 1.3N-> some concerns	ITT 2.1、 2.2either Y-> 2.3NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	not applicable	not applicable	4.1NI-> 4.2N-> >4.3NI-> >4.4PN-> low risk	not applicable	not applicable	5.2, 5.3 both N-> 5.1NI-> some concerns	not applicable	not applicable
Wan 2020 (China)[33]	1.2 NI-> 1.3N-> some concerns	PP 2.1, 2.2either Y-> 2.3NA-> 2.4, 2.5NI-> 2.6PY-> some concerns	3.1 N-> >3.2 PN-> >3.3PN-> low risk	not applicable	3.1 N-> >3.2 PN-> >3.3PN-> low risk	4.1PY-> high risk	not applicable	4.1NI-> 4.2N-> >4.3NI-> >4.4PN-> low risk	5.2, 5.3 both N-> 5.1NI-> some concerns	not applicable	5.2, 5.3 both N-> 5.1PY-> low risk
Wang 2017 (China)[38]	1.2 NI-> >1.3N-> some	ITT 2.1、 2.2either	3.1Y-> low risk	3.1Y-> low risk	not applicable	4.1N-> 4.2NI-> 4.3NI->	4.1N-> 4.2NI-> 4.3NI->	not applicable	5.2, 5.3 both N-> 5.1NI->	5.2, 5.3 both N-> 5.1NI->	not applicable

	concern s	Y-> 2.3NI- > some concerns 2.6Y-> low risk				4.4PN-> some concerns	4.4PN-> some concerns		> some concern s	> some concern s	
Xian 2017 (China)[39]	1.2NI-> 1.3N -> some concern s.	ITT 2.1, 2.2either Y-> 2.3NI- > some concerns 2.6Y->low risk	3.1Y-> low risk	3.1Y-> low risk	not applicab le	4.1N- >4.2NI- >4.3NI- >4.4NI- >4.5PN-> some concerns	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	not applicable	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le
Yu 2012 (China)[44]	1.2NI-> 1.3N-> some concern s	ITT 2.1,2.2 either Y-> 2.3 NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	4.1NI-> 4.2NI -> 4.3NI-> 4.4NI-> 4.5NI-> high risk	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s
Zheng 2012 (China)[43]	1.2NI-> 1.3PY-> high risk	ITT 2.1,2.2 either Y-> 2.3 NI-> some concerns 2.6Y-> low risk	3.1 N- >3.2 PN- >3.3PN- > low risk	3.1PN-> 3.2PN-> 3.3NI-> 3.4NI-> high risk	3.1 N- >3.2 PN- >3.3PN- > low risk	4.1NI-> 4.2N- >4.3NI- >4.4PN-> low risk	4.1NI-> 4.2N- >4.3NI- >4.4PN-> low risk	4.1NI-> 4.2N- >4.3NI- >4.4PN-> low risk	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1PY- > low risk
Zhong 2014 (China)[41]	1.2 NI- > 1.3N-> some concern s	PP 2.1, 2.2NI- > 2.3NA-> 2.4, 2.5 NA-> low risk	3.1N-> 3.2N-> 3.3NI-> 3.4PN-> some concern s	not applicab le	not applicab le	4.1N-> 4.2NI-> 4.3NI-> 4.4N-> some concerns	not applicable	not applicable	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le	not applicab le
Zhou 2009 (China)[47]	1.2NI-> 1.3PN-> some concern s	ITT 2.1,2.2 either Y-> 2.3 NI-> some concerns	3.1 N- >3.2 PN- >3.3PN- > low risk	3.1 N- >3.2 PN- >3.3PN- > low risk	not applicab le	4.1N-> 4.2NI-> 4.3NI-> 4.4N-> some concerns	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	not applicable	5.2, 5.3 both N- > 5.1NI- > some concern s	5.2, 5.3 both N- > 5.1NI- > some concern s	not applicab le

		2.6Y-> low risk									
Zhu Ailing 2018 (China)[37]	1.2PY-> 1.1N-> some concerns	ITT 2.1,2.2 either Y-> 2.3 NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	3.1Y-> low risk	4.1PY-> high risk	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	4.1N-> 4.2NI-> 4.3NI-> 4.4N-> low risk	5.2, 5.3 both N-> 5.1NI-> some concerns	5.2, 5.3 both N-> 5.1NI-> some concerns	5.2, 5.3 both N-> 5.1NI-> some concerns
Zhu Hong 2018 (China)[36]	1.2 NI-> 1.3N-> some concerns	ITT 2.1,2.2 either Y-> 2.3 NI-> some concerns 2.6Y-> low risk	3.1Y-> low risk	3.1Y-> low risk missing data	not applicable	4.1N-> 4.2NI-> 4.3NI-> 4.4NI-> 4.5PN-> some concerns	4.1N-> 4.2N-> 4.3NI-> 4.4N-> low risk	not applicable	5.2, 5.3 both N-> 5.1NI-> some concerns	5.2, 5.3 both N-> 5.1NI-> some concerns	not applicable
Zhu Yunfei 2018 (China)[35]	1.2NI-> 1.3N-> some concerns	PP 2.1, 2.2 either Y-> >2.3NI-> >2.6 PY-> some concerns	3.1N-> 3.2N-> 3.3PN-> low risk	not applicable	not applicable	4.1N-> 4.2NI-> >4.3NI -> >4.4PN-> some concerns	not applicable	not applicable	5.2, 5.3 both N-> 5.1NI-> some concerns	not applicable	not applicable