

Magnesium

| Type | Safety | Efficacy | Recommended? |
|---|---|--|---|
|  |  |  |  |
| Dietary supplement | Regarded as safe | Limited evidence that it is effective | No |

In detail:

| | |
|---|--|
| Claims for treatment | Reduces or eliminates the perception of tinnitus ¹ . |
| What is the treatment? | Magnesium supplements are generally in the form of small tablets, but can be combined with other vitamins and minerals in tablets or capsules. |
| What are the downsides of this treatment? | High intakes of magnesium can cause minor but unpleasant side effects. Magnesium supplements can interact or interfere with some medicines. ² |
| Has there been research into this treatment? | There have been few studies conducted into the effect of magnesium on tinnitus, and none conducted in the last ten years. |
| What does the research say? | Serum magnesium levels are lower in people with tinnitus than the general population ³ . Increased susceptibility to noise damage, ototoxicity and auditory hyperexcitability have also been linked to magnesium deficiency ⁴ . It has been shown that magnesium supplements can help to prevent or treat some forms of hearing damage ⁵ and small-scale studies have suggested that they might have a beneficial effect on tinnitus ^{3,6} . |

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

| | |
|---|---|
| How high quality is the research?* | D |
| Tinnitus UK's opinion on this treatment: | Although evidence is limited, some people at risk of magnesium deficiency may wish to take a supplement. We would suggest you talk to your GP before taking any new medication or supplement. "Dietary supplements should not be recommended to treat tinnitus but could have a positive outcome on tinnitus reactions in some people." ⁷ |
| Would Tinnitus UK support further studies into this treatment? | Yes, if a high quality study. |

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 14 October 2022 unless noted.

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Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

Document information

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Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email **helpline@tinnitus.org.uk**
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website **tinnitus.org.uk**

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