

Acouphenol

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Evidence of harm	Evidence that it has no effect	No

In detail:

The makers claim	Acouphenol will “act synergistically on peripheral blood microcirculation. Thus reprogrammed your cells very quickly no longer send a signal (no more noise if you prefer) to the brain.” ¹
What is the treatment?	Acouphenol is a capsule which you take twice a day ² . The supplement claims to contain ² : Griffonia; Cimicifuga (black cohosh); Ginkgo biloba; magnesium; melatonin.
What are the downsides of this treatment?	Potential side effects from constituents. ³⁻⁵ Cost – this supplement currently is on sale for £49.99 for one month’s supply excluding shipping. ⁶
Has there been research into this treatment?	There have been no papers published on Acouphenol as a supplement, but there have been a number published on its component parts. Some of these relate to tinnitus.

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.

<p>What does the research say?</p>	<p>There is evidence that Ginkgo biloba is not effective for tinnitus^{7,8}. There is no evidence that any of the other components of this supplement are effective for treating tinnitus^{3-5,9}, with the exception of magnesium¹⁰.</p> <p>Although some of the components are thought of as safe, black cohosh can affect liver function⁴, and Ginkgo biloba and melatonin can interact negatively with other medication you may be taking^{5,9}.</p>
<p>How high quality is the research?*</p>	<p>A-D</p>
<p>Tinnitus UK's opinion on this treatment:</p>	<p>Although independent evidence is limited, what there is does not show that the components of this supplement are effective for tinnitus and that there may be risks involved in taking this supplement. We would suggest you talk to your GP before taking any new medication or supplement.</p> <p>"Dietary supplements should not be recommended to treat tinnitus."¹¹</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>No.</p>
<p>Comments</p>	<p>Currently, it appears that vendors of Acouphenol have largely withdrawn from the market.</p>

* 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

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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 26 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 overleaf.

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