

Quietum Plus

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Evidence of harm	No evidence that it is effective	No

In detail:

The makers claim	<p>Quietum Plus will “fight free radical damage and decrease oxidative stress which is the cause behind hearing loss which occurs with age.”¹</p> <p>“ increases the production of ear wax [...] reduces the risk of infections and diseases.”¹</p>
What is the treatment?	<p>Quietum Plus is a capsule which you take once a day.</p> <p>The supplement claims to contain²:</p> <p>yam; fenugreek; dong quai; L-Tyrosine; motherwort; black cohosh; oat grass; pacific kelp; blessed thistle; Hops extract</p>
What are the downsides of this treatment?	<p>Potential side effects from constituents.^{4-8,10,11}</p> <p>Cost – this supplement currently is on sale for \$69 for one month’s supply excluding shipping and taxes.²</p>
Has there been research into this treatment?	<p>There have been no papers published on Quietum Plus as a supplement, but there have been a number published on its component parts. None of these papers relate to tinnitus.</p>

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 no evidence that any of the known components of this supplement are effective for treating tinnitus or indeed any other medical condition³⁻¹².</p> <p>Although some of the components are thought of as safe, motherwort can induce miscarriage⁷, black cohosh can affect liver function⁸ and kelp can affect thyroid function¹⁰. Some have not been approved for medical use, in particular yam³, fenugreek⁴, dong quai⁵ and L-Tyrosine⁶.</p>
<p>How high quality is the research?*</p>	<p>A-D</p>
<p>Tinnitus UK's opinion on this treatment:</p>	<p>There is no evidence that the mechanisms claimed lie behind tinnitus, or that the ingredients in the supplement act in the way claimed.</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."¹³</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>No.</p>
<p>Comments</p>	<p>There appears to be a lot of similarity between the marketing of this product and other products such as Sonus Complete and Tinnitus 911 even though the declared contents differ – please see the relevant information sheets for details.</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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