

# Silencil

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

## In detail:

<b>The makers claim</b>	Silencil is a “brain-cell repairing nutrient to shut down tinnitus and recover hearing” <sup>1</sup>
<b>What is the treatment?</b>	<p>Silencil is a capsule which you take once a day.</p> <p>The supplement claims to be a combination of 28 ingredients, but only the following have been listed<sup>2</sup>:</p> <p>Ashwagandha; <i>Mucuna pruriens</i>; Oat straw; Vitamin B1 (thiamine); Vitamin B2 (riboflavin); Vitamin B6; Gamma-aminobutyric acid (GABA); Rhodiola; L-Theanine; Skullcap; Hawthorn; Chamomile; Potassium. We have been unable to find out what the others are.</p>
<b>What are the downsides of this treatment?</b>	<p>Potential side effects from constituents.<sup>3-8</sup></p> <p>Cost – this supplement currently is on sale for \$69 for one month’s supply excluding shipping and taxes.<sup>1</sup></p>
<b>Has there been research into this treatment?</b>	There have been no papers published on Silencil as a supplement, but there have been a number published on its component parts.

<p><b>What does the research say?</b></p>	<p>There is no evidence that any of the known components of this supplement are effective for treating tinnitus.<sup>5 8-17</sup></p> <p>Although some of the components are thought of as safe, some may be harmful, in particular ashwagandha<sup>3</sup>, <i>Mucuna pruriens</i><sup>4</sup>, Vitamin B6 (if taken for prolonged periods)<sup>5</sup>, L-theanine in large doses<sup>6</sup>, skullcap<sup>7</sup> (if <i>Galerina autumnalis</i> is the plant being referred to), potassium<sup>8</sup> (if taken in large doses).</p>
<p><b>How high quality is the research?*</b></p>	<p>A-D</p>
<p><b>Tinnitus UK's opinion on this treatment:</b></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."<sup>18</sup></p> <p>Note that the retailer's website states "Products are not intended to diagnose, treat, cure or prevent any disease."<sup>1</sup></p>
<p><b>Would Tinnitus UK support further studies into this treatment?</b></p>	<p>No.</p>
<p><b>Comments</b></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 – 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

**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.**

## 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](http://takeontinnitus.co.uk)

## References

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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.

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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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