

Sonus Complete

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Some potential for harm	No evidence that it is effective	No

In detail:

The makers claim	"the supplement targets the root cause of tinnitus and cures it for good." ¹ .
What is the treatment?	Sonus Complete is a capsule. The suggested use is 2 capsules taken daily. The ingredients of Sonus Complete are listed as Vitamin C, Vitamin B6, niacin, Vitamin B12, garlic, hibiscus flower, olive leaf, hawthorne berry, uva ursi, green tea ² .
What are the downsides of this treatment?	Potential side effects, allergic reactions and drug interactions from constituents. ³⁻¹² Cost – this supplement currently is on sale for \$69 for one month's supply excluding shipping and taxes. ¹
Has there been research into this treatment?	There have been no papers published on Sonus Complete as a supplement, but there have been a number published on its component parts.

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.³⁻¹²</p> <p>Although some of the components are thought of as safe, some may be harmful including Vitamin B6 and Uva ursi (if taken for prolonged periods)^{4,11} and green tea in large doses¹². Uva ursi should be avoided in pregnancy.</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."¹⁴</p> <p>Note that the retailer's website states "Products are not intended to diagnose, treat, cure or prevent any disease."¹</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 and make up of this product and other products such as Tinnitus 911 and Synapse XT – 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**

References

All online references accessed 13 October 2022 unless noted.

1. Digistore24 Inc. *Sonus Complete™ Brain Scan Uncovers The Real Root Cause of Tinnitus*. www.thesonuscomplete.com [accessed 30 November 2022]

2. *Sonus Complete*. www.thesonuscomplete.com

3. National Institutes of Health Office of Dietary Supplements. *Vitamin C*. www.ods.od.nih.gov/factsheets/VitaminC-Consumer/

4. National Institutes of Health Office of Dietary Supplements. *Vitamin B6*. www.ods.od.nih.gov/factsheets/VitaminB6-Consumer/

5. National Institutes of Health Office of Dietary Supplements. *Niacin*. www.ods.od.nih.gov/factsheets/niacin-Consumer/

6. National Institutes of Health Office of Dietary Supplements. *Vitamin B12*. www.ods.od.nih.gov/factsheets/VitaminB12-Consumer/

7. The Drugsite Trust. *Garlic*. www.drugs.com/npp/garlic.html

www.drugs.com/npp/garlic.html

8. The Drugsite Trust. *Hibiscus*. www.drugs.com/npp/hibiscus.html

9. The Drugsite Trust. *Olive Leaf*. www.drugs.com/npp/olive-leaf.html

10. The Drugsite Trust. *Hawthorn*. www.drugs.com/npp/hawthorn.html

11. The Drugsite Trust. *Uva ursi*. www.drugs.com/npp/uva-ursi.html

12. The Drugsite Trust. *Green tea*. www.drugs.com/mtm/green-tea.html

13. Hu J, Webster D et al. The Safety of Green Tea and Green Tea Extract Consumption in Adults - Results of a Systematic Review. *Regulatory Toxicology and Pharmacology*. (2018) 95. 412-433. DOI: 10.1016/j.yrtph.2018.03.019

14. Coelho C, Tyler R et al. Survey on the Effectiveness of Dietary Supplements to Treat Tinnitus. *American Journal of Audiology*. (2016) 25(3): 184-205

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.

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.

Document information

Author Nic Wray
Version 2.0
Issue date November 2022
Review date November 2025
© Tinnitus UK



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

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

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.