

Synapse XT

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

In detail:

The makers claim	Synapse XT will “prevent the buzzing sound in your ears” ¹ .
What is the treatment?	<p>Synapse XT is a capsule. The suggested use is 2 capsules which you take once a day with water.</p> <p>The ingredients of Synapse XT are listed as Hibiscus; hawthorn berry; garlic; Vitamin B; green tea; juniper berry, Vitamin C¹.</p> <p>An image of the label, however, lists the ingredients as Riboflavin (Vitamin B2); Vitamin B6; folate (Vitamin B9); magnesium citrate; potassium citrate; hibiscus; garlic; hawthorn berry; rosemary¹.</p> <p>There are claims that “Synapse XT supplement is extraordinarily formulated with around 233 unique and effective ingredients”² but we have been unable to find out any more information.</p>
What are the downsides of this treatment?	<p>Potential side effects, allergic reactions and drug interactions from constituents.³⁻¹⁵</p> <p>Cost – this supplement currently is on sale for \$69 for one month’s supply excluding shipping and taxes.¹</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.

Has there been research into this treatment?	There have been no papers published on Synapse XT as a supplement, but there have been a number published on its component parts.
What does the research say?	With the exception of one small trial of a magnesium supplement, which showed positive results ¹⁶ , there is no evidence that any of the known components of this supplement are effective for treating tinnitus. ³⁻¹⁵ Although some of the components are thought of as safe, some may be harmful including Vitamin B6 (if taken for prolonged periods) ⁷ , green tea in large doses ⁹ and potassium ¹⁴ (if taken in large doses).
How high quality is the research?*	A-D
Tinnitus UK's opinion on this treatment:	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. "Dietary supplements should not be recommended to treat tinnitus." ¹⁷
Would Tinnitus UK support further studies into this treatment?	No.
Comments	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.

* 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

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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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