

Vitamin B12

Type	Safety	Efficacy	Recommended?
	1	2	
Dietary supplement	Regarded as safe	Little evidence that it is effective	No

In detail:

Claims for treatment	Reduces or eliminates the perception of tinnitus.
What is the treatment?	Vitamin B12 supplements are generally in the form of small tablets, but can be combined with other vitamins and minerals in tablets or capsules. For some people with a Vitamin B12 deficiency, it may be given as an injection, or nasal spray ¹ .
What are the downsides of this treatment?	Vitamin B12 has not been shown to cause any harm, even at high doses ¹ .
Has there been research into this treatment?	There have been few studies conducted into the effect of Vitamin B12 on tinnitus, and none conducted in the last ten years.

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.

What does the research say?	<p>A higher intake of Vitamin B12 was associated with reduced odds of tinnitus².</p> <p>Vitamin B12 deficiency is more common in vegetarians and vegans and there is some evidence that deficiency is more common among people with tinnitus³⁻⁵.</p> <p>The results of Vitamin B12 supplements for tinnitus are inconclusive, although there is a weak suggestion of improvement, particularly in people with a pre-existing deficiency³⁻⁵.</p>
How high quality is the research?*	C-D
Tinnitus UK's opinion on this treatment:	<p>Although evidence is limited, some people at risk of Vitamin B12 deficiency may wish to take a 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 but could have a positive outcome on tinnitus reactions in some people."⁶</p>
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality study.

* 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

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 17 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 below.

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