

Aminooxyacetic acid (AOA)(AOAA)

Type	Safety	Efficacy	Recommended?
	3	2	
Pharmaceutical	Evidence of harm	Limited evidence that it is effective	No

In detail:

Claims for treatment	That aminooxyacetic acid may reduce central auditory hyperactivity that may be related to tinnitus ¹ .
What is the treatment?	Aminooxyacetic acid is taken in pill or capsule form. In studies, the dosage was 50 or 75mg, four times a day ² .
What are the downsides of this treatment?	In trials, about 70% of patients reported side effects, including nausea and dizziness ² .
Has there been research into this treatment?	Yes ^{2 3}
What does the research say?	Although aminooxyacetic acid reduces the severity of tinnitus in about 20% of patients, the incidence of side effects makes the drug unacceptable for clinical use ² .
How high quality is the research?*	A

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.

Tinnitus UK's opinion on this treatment:	Few people are helped by aminooxyacetic acid, and many more experience side effects. It is not recommended for use.
Would Tinnitus UK support further studies into this treatment?	Yes, provided study is of high quality.

* 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 1 November 2022 unless noted.

1. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology-Head and Neck Surgery*. (2014) 151(2_suppl): S1-S40. doi:10.1177/0194599814545325
2. Guth PS, Risey J, Briner W, Blair P, Reed HT, Bryant G, Norris C, Housley G, Miller R. Evaluation of amino-oxyacetic acid as a palliative in tinnitus. *Annals of Otolaryngology & Laryngology*. (1990) Jan;99(1):74-9. doi: 10.1177/000348949009900113. PMID:

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3. Reed HT, Meltzer J, Crews P, Norris CH, Quine DB. Guth PS. Amino oxyacetic acid as a palliative in tinnitus. *Archives of Otolaryngology*. (1985) 111: 803-805

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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