

Calminax

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Evidence of harm	Evidence that it has no effect	No

In detail:

The makers claim	None made ¹ .
What is the treatment?	<p>Calminax is a capsule taken once daily¹.</p> <p>The ingredients of Calminax are listed as Ginkgo biloba extract, vitamin B6, vitamin B12, zinc and magnesium¹.</p> <p>Other sites listing Calminax list different ingredients for this supplement.</p>
What are the downsides of this treatment?	<p>Potential side effects, allergic reactions and drug interactions from Ginkgo biloba². Magnesium can cause minor but unpleasant side effects³.</p> <p>Cost - it is listed for £44.95 for 30 days supply¹.</p>

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Has there been research into this treatment?	Although there have been no papers published on Calminax as a supplement, there are a number of papers on the effects of its component parts.
What does the research say?	<p>The limited evidence does not demonstrate that Ginkgo biloba is effective for tinnitus when this is the primary complaint.⁴ It does not reduce the intensity of tinnitus or improve quality of life.⁵</p> <p>There is no evidence that the use of a zinc supplement^{6 7} or vitamin B6⁸ improves symptoms in adults with tinnitus. Vitamin B6 can be harmful in large doses⁸.</p> <p>There is limited evidence that vitamin B12⁹ and magnesium¹⁰ may help tinnitus in people who are deficient in these elements.</p>
How high quality is the research?*	A
Tinnitus UK's opinion on this treatment:	<p>Although independent evidence is limited, what there is does not show that the components of this supplement are effective for tinnitus. The potential side effects may cause serious harm. 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"¹¹</p>
Would Tinnitus UK support further studies into this treatment?	No
Comments	Practice guidelines do not recommend the use of Ginkgo biloba as a treatment for tinnitus ^{12 13} .

* 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

All online references accessed 11 November 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.

Document information

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Version 1.0
Issue date November 2022
Review date November 2025
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