

Clear Sound 911

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Evidence of harm	No evidence that it is effective	No

In detail:

The makers claim	Clear Sound 911 is a “dietary supplement made from natural ingredients to restore hearing loss” ¹
What is the treatment?	Clear Sound 911 is a capsule which you take once a day. The supplement claims to contain ¹ : Ashwagandha; Oat straw; Vitamin B1 (thiamine); Vitamin B2 (riboflavin); Gamma-aminobutyric acid (GABA); Rhodiola; Skullcap; Hawthorn; Chamomile; Potassium; Lutein; Lemon balm; Valerian; Bacopa monnieri; Magnolia; Magnesium; Biotin.
What are the downsides of this treatment?	Potential side effects from constituents ^{2 3 9 16} . Cost – this supplement currently is on sale for \$69.95 for one month’s supply excluding shipping and taxes. ¹
Has there been research into this treatment?	There have been no papers published on Clear Sound 911 as a supplement, but there have been a number published on its component parts.

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<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^{2-17 19}, with the exception of magnesium¹⁸.</p> <p>Although some of the components are thought of as safe, some may be harmful, in particular ashwagandha^{2 3}, skullcap⁹ (if <i>Galerina autumnalis</i> is the plant being referred to), Bacopa monnieri¹⁶ and potassium¹² (if taken in large doses).</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."²⁰</p> <p>No mention of supplements for the treatment of hearing loss are mentioned in the current NICE guideline for hearing loss²¹.</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 of this product and other products such as Sonus Complete and Tinnitus 911 – 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

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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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