

Ottomax+

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

In detail:

The makers claim	The makers claim that Ottomax+ users notice "a significant reduction in the severity of their tinnitus." ¹
What is the treatment?	Ottomax+ is a capsule which you take once a day ¹ . The supplement claims to contain ¹ : Ginkgo biloba; magnesium; melatonin; vitamin B.
What are the downsides of this treatment?	Potential side effects from constituents ²⁻⁹ . Cost – this is not disclosed on the website ¹ .
Has there been research into this treatment?	There have been no papers published on Ottomax+ as a supplement, but there have been a number published on its component parts. Some of these relate to tinnitus.

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<p>What does the research say?</p>	<p>There is evidence that Ginkgo biloba is not effective for tinnitus^{10 11}. There is no evidence that any of the other components of this supplement are effective for treating tinnitus²⁻⁹, with the exception of magnesium¹².</p> <p>Although some of the components are thought of as safe, Ginkgo biloba and melatonin can interact negatively with other medication you may be taking^{2 4}.</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."¹³</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>No.</p>
<p>Comments</p>	<p>A number of supplements with similar ingredients are currently being marketed.</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

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 overleaf.

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