

Renew Hearing Support

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

In detail:

The makers claim	Renew Hearing Support was “specifically created to cure tinnitus by solving the inflammation that causes the condition.” ¹
What is the treatment?	Renew Hearing Support is a capsule. The supplement claims to contain over 30 components, but only the following are listed ¹ : Rhodiola; Ashwagandha; Skullcap; Bacopa; Magnolia; Valerian; Oat straw; Biotin; Niacin.
What are the downsides of this treatment?	Potential side effects from constituents ^{3 5 6 11} . Cost – this supplement currently is on sale for \$69 for one month’s supply excluding shipping and taxes. ¹
Has there been research into this treatment?	There have been no papers published on Renew Hearing Support 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 tinnitus²⁻¹¹.</p> <p>Although some of the components are thought of as safe, some may be harmful, in particular ashwagandha³, skullcap⁵ (if <i>Galerina autumnalis</i> is the plant being referred to), Bacopa⁶ and niacin¹¹.</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."¹²</p> <p>No mention of supplements for the treatment of hearing loss are mentioned in the current NICE guideline for hearing loss¹³.</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

All online references accessed 15 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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