

Tinnaway

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

In detail:

The makers claim	Tinnaway is “useful for good hearing and vision” ¹ .
What is the treatment?	Tinnaway is a tablet taken twice daily ¹ . The ingredients of Tinnaway are listed as Ginkgo biloba extract, magnesium, zinc, folate, vitamin C and selenium ¹ .
What are the downsides of this treatment?	Potential side effects, allergic reactions and drug interactions from Ginkgo biloba ² . Magnesium and zinc can cause minor but unpleasant side effects ³ . High doses or long-term use of selenium can lead to serious medical problems or death ⁵ . Cost.

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.

Has there been research into this treatment?	Although there have been no papers published on Tinnaway 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.⁶ It does not reduce the intensity of tinnitus or improve quality of life.⁷</p> <p>With the exception of magnesium⁸, for which there is limited evidence of a positive effect on tinnitus there is no evidence that the use of zinc⁹, folate¹⁰ or selenium⁵ improves symptoms in adults with tinnitus. Selenium can be harmful ⁵.</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

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.

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 16 November 2022 unless noted.

1. Precision Healthcare Ltd. *Arches Calminax 30 capsules*. <https://seenontvdeal.co.uk/products/calminax?variant=14063342747709>
2. Drugsite Trust. *Ginkgo biloba*. Available from <https://www.drugs.com/cdi/ginkgo-biloba.html>
3. National Institutes of Health Office of Dietary Supplements. *Magnesium*. www.ods.od.nih.gov/factsheets/magnesium-Consumer/
4. National Institutes of Health Office of Dietary Supplements. *Zinc Fact Sheet for Consumers*. www.ods.od.nih.gov/factsheets/zinc-Consumer/
5. Drugsite Trust. *Selenium*. Available from <https://www.drugs.com/mtm/selenium.html>
6. Hilton MP, Zimmermann EF, Hunt WT. Ginkgo biloba for tinnitus. *Cochrane Database of Systematic Reviews* (2013), Issue 3. Art. No.: CD003852. doi: 10.1002/14651858.CD003852.pub3.
7. Kramer F, Ortigoza Á. Ginkgo biloba for the treatment of tinnitus. *Medwave*. (2018) Oct 17;18(6):e7295. English, Spanish. doi: 10.5867/medwave.2018.06.7294. Erratum in: *Medwave*. (2018) Nov 13;18(7):e7337.
8. Cevette MJ, Barrs DM, Patel A, et al. Phase 2 study examining magnesium-dependent tinnitus. *International Tinnitus Journal*. (2011);16(2):168-73 Person OC, Puga MES, da Silva EMK, Torloni MR.
9. Zinc supplements for tinnitus. *Cochrane Database of Systematic Reviews* (2016), Issue 11. Art. No.: CD009832. DOI: 10.1002/14651858.CD009832.pub2.
10. National Institutes of Health Office of Dietary Supplements. *Folate*. www.ods.od.nih.gov/factsheets/Folate-Consumer/
11. Coelho C, Tyler R et al. Survey on the Effectiveness of Dietary Supplements to Treat Tinnitus. *American Journal of Audiology*. (2016) 25(3): 184-205
12. British Society of Audiology. *Practice Guidance – Tinnitus in Adults*. (2021) Available from: www.thebsa.org.uk/resources/practice-guidance-tinnitus-in-adults/
13. 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

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.

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

Author Nic Wray
Version 1.0
Issue date November 2022
Review date November 2025
© Tinnitus UK



Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email **helpline@tinnitus.org.uk**
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website **tinnitus.org.uk**

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

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.