

# Tranquillis

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Some potential for harm	No evidence that it is effective	No

## In detail:

<b>The makers claim</b>	The makers claim that Tranquillis “will help your brain networks to get repaired and it also calms down the nervous system.” <sup>1</sup>
<b>What is the treatment?</b>	Tranquillis is a capsule. The suggested use is two capsules taken daily. <sup>2</sup>  The ingredients of Tranquillis are listed as Vitamin C, niacin, Vitamin B6, folic acid, Vitamin B12, hawthorne leaf and flower, garlic, olive leaf, hibiscus flower, buchu leaf, uva ursi, juniper berry, green tea <sup>1</sup> .
<b>What are the downsides of this treatment?</b>	Potential side effects, allergic reactions and drug interactions from constituents. <sup>3-15</sup>  Cost. Tranquillis costs \$69 for 30 days supply (excluding taxes and shipping) <sup>2</sup> .
<b>Has there been research into this treatment?</b>	There have been no papers published on Tranquillis as a supplement, but there have been a number published on its component parts.

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<p><b>What does the research say?</b></p>	<p>There is no evidence that any of the known components of this supplement are effective for treating tinnitus.<sup>3-15</sup></p> <p>Although some of the components are thought of as safe, some may be harmful including Vitamin B6 and Uva ursi (if taken for prolonged periods)<sup>5,13</sup> and green tea in large doses<sup>16</sup>. Uva ursi and buchu should be avoided in pregnancy<sup>12 13</sup>.</p>
<p><b>How high quality is the research?*</b></p>	<p>A-D</p>
<p><b>Tinnitus UK's opinion on this treatment:</b></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."<sup>17</sup></p>
<p><b>Would Tinnitus UK support further studies into this treatment?</b></p>	<p>No.</p>
<p><b>Comments</b></p>	<p>There appears to be a lot of similarity between the marketing and make up of this product and other products such as Tinnitus 911 and Silencil – 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](http://takeontinnitus.co.uk)

## References

All online references accessed 10 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.

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