

Zinc

Type	Safety	Efficacy	Recommended?
			
Dietary supplement	Regarded as safe	No evidence that it is effective	No

In detail:

Claims for treatment	Zinc has a role in the auditory system so it has been suggested that it could reduce or eliminate the perception of tinnitus ¹ .
What is the treatment?	Zinc supplements are generally in the form of small tablets, but can be combined with other vitamins and minerals in tablets or capsules.
What are the downsides of this treatment?	High intakes of zinc can cause minor but unpleasant side effects. Zinc supplements can interact or interfere with some medicines. ²
Has there been research into this treatment?	There have been a small number of studies conducted into the effect of zinc on tinnitus, and a systematic review ¹ .
What does the research say?	There is no evidence that the use of a zinc supplement improves symptoms in adults with tinnitus ¹ .
How high quality is the research?*	A

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.

<p>Tinnitus UK's opinion on this treatment:</p>	<p>The evidence levels for zinc supplements as a treatment for tinnitus are low. We would suggest you talk to your GP before taking any new medication or supplement.</p> <p>Current guidelines state that clinicians should not recommend zinc for treating patients with persistent, bothersome tinnitus^{3 4}.</p> <p>"Dietary supplements should not be recommended to treat tinnitus."⁵</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>Yes, if a high quality study.</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

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 8 November 2022 unless noted.

1. Person OC, Puga MES, da Silva EMK, Torloni MR. Zinc supplements for tinnitus. Cochrane Database of Systematic Reviews (2016), Issue 11. Art. No.: CD009832. DOI: 10.1002/14651858.CD009832.pub2.
2. National Institutes of Health Office of Dietary Supplements. *Zinc Fact Sheet for Consumers*. www.ods.od.nih.gov/

[factsheets/zinc-Consumer/](#)

3. 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
4. Cima RFF, Mazurek B, Haider H. et al. A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. *HNO* 67, 10–42 (2019). doi:10.1007/s00106-019-0633-7
5. 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

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.

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.

Document information

Author Nic Wray
Version 2.0
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.