

Cortexi

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

In detail:

The makers claim	Cortexi will “can help you maintain good hearing health” and “tinnitus and poor connection between the brain and the eardrum are all eliminated” ¹
What is the treatment?	It is unclear. One site calls them “ear drops” and discusses moistening the ear drum and minimising the accumulation of ear wax ¹ whereas other sites say that it is a liquid to be swallowed once or twice a day ^{2,3} . The supplement claims to contain ¹⁻³ : Grapeseed extract; green tea leaf extract; annual cayenne; Chinese ginseng; astragalus; chromium picolate; maca root; gymnema sylvestre.
What are the downsides of this treatment?	Potential side effects from constituents. ⁴⁻⁶ Cost – this supplement currently is on sale for \$69.00 for one month’s supply excluding shipping. ²

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?	There have been no papers published on Cortexi as a supplement, but there have been a number published on its component parts. Some of these relate to tinnitus.
What does the research say?	<p>There is limited evidence that ginseng in doses of 3,000mg per day may reduce Tinnitus Handicap Inventory (THI) scores⁷. There is no evidence that any of the other components of this supplement are effective for treating tinnitus^{4,6,8-13}.</p> <p>Although some of the components are thought of as safe, chromium can interact negatively with other medication you may be taking² and green tea extract can be harmful in large doses^{4 7 8}.</p>
How high quality is the research?*	A-D
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 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."¹⁴</p>
Would Tinnitus UK support further studies into this treatment?	No.
Comments	The seller's website states that "Statements on this website have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease." ²

* 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

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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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