

# Hear Complex

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

## In detail:

<b>The makers claim</b>	"could help to soothe out some irregularities within the auditory system, including noise or feeling like you're starting to feel hearing damages [sic]" <sup>1</sup> .
<b>What is the treatment?</b>	Hear Complex is a capsule taken twice daily <sup>1</sup> . The ingredients of Hear Complex are listed as Ginkgo biloba leaf extract, Rhodiola root extract, magnesium sulfate, vitamin B6, and vitamin A <sup>1</sup> .
<b>What are the downsides of this treatment?</b>	Potential side effects, allergic reactions and drug interactions from Ginkgo biloba <sup>2</sup> . Magnesium can cause minor but unpleasant side effects <sup>3</sup> .  Cost - although we have been unable to trace a selling site listing a price.

**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><b>Has there been research into this treatment?</b></p>	<p>Although there have been no papers published on Hear Complex as a supplement, there are a number of papers on the effects of its component parts.</p>
<p><b>What does the research say?</b></p>	<p>The limited evidence does not demonstrate that Ginkgo biloba is effective for tinnitus when this is the primary complaint.<sup>4</sup> It does not reduce the intensity of tinnitus or improve quality of life.<sup>5</sup></p> <p>There is no evidence that the use of vitamin B6<sup>6</sup> or Vitamin A<sup>7</sup> improves symptoms in adults with tinnitus. Vitamin B6 and pre-formed Vitamin A can be harmful in large doses<sup>6,8</sup>.</p> <p>There is limited evidence that magnesium<sup>9</sup> may help tinnitus in people who are deficient in these elements.</p> <p>There is no evidence that rhodiola is effective for tinnitus and there is limited evidence for its claimed therapeutic properties<sup>10</sup>.</p>
<p><b>How high quality is the research?*</b></p>	<p>A-C</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. 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"<sup>11</sup></p>
<p><b>Would Tinnitus UK support further studies into this treatment?</b></p>	<p>No</p>
<p><b>Comments</b></p>	<p>Practice guidelines do not recommend the use of Ginkgo biloba as a treatment for tinnitus<sup>12 13</sup>.</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](https://takeontinnitus.co.uk)

## References

All online references accessed 11 March 2024 unless noted.

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## Feedback

We welcome feedback on all our information.

You can pass your comments to our

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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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