

## MemoVigor2

Type	Safety	Efficacy	Recommended?
			
Branded dietary supplement	Evidence of harm	Limited evidence that it is effective	No

### In detail:

<b>The makers claim</b>	The makers claim that "it contributes to the normal functioning of the nervous system" <sup>1</sup> and make no claims as to its use as a tinnitus treatment. However, these claims appear on other retail sites <sup>2</sup>
<b>What is the treatment?</b>	MemoVigor2 is a tablet taken once a day <sup>1</sup> .  The ingredients of MemoVigor2 are listed as Acetyl-L-Carnitine, Vitamin C, Vitamin B1, Vitamin B12, Vitamin B6, Vitamin E, Glutamic Acid, Myrtillo extract (bilberry), Potassium, Magnesium, Selenium, Ginkgo Leaf, Phosphatidylethanolamine, Phosphatidylinositol, Phosphatidylcholine, Phosphatidylserine. <sup>1</sup>

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<p><b>What are the downsides of this treatment?</b></p>	<p>Potential side effects, allergic reactions and drug interactions from the constituents, especially Ginkgo biloba<sup>3-12, 14 16</sup>. Magnesium and Acetyl-L-Carnitine can cause minor but unpleasant side effects<sup>12,3</sup>. Vitamin B6, Vitamin E and potassium can be harmful in large doses<sup>7,8,11</sup>. High doses or long-term use of selenium can lead to serious medical problems or death<sup>14</sup>.</p> <p>Cost - the tablets retail for around €23 for 20 tablets. This excludes shipping and customs charges<sup>2</sup>.</p>
<p><b>Has there been research into this treatment?</b></p>	<p>There has been one paper published on MemoVigor2 as a supplement, but it was not a fully independent study<sup>15</sup>. 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>17</sup> It does not reduce the intensity of tinnitus or improve quality of life.<sup>18</sup></p> <p>There is limited evidence that vitamin B12<sup>6</sup> and magnesium<sup>13</sup> may help tinnitus in people who are deficient in these elements</p> <p>There is no evidence that any of the other components of this supplement are effective as a tinnitus treatment<sup>3-5,7-14</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>19</sup></p>
<p><b>Would Tinnitus UK support further studies into this treatment?</b></p>	<p>No</p>

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## Comments

Practice guidelines do not recommend the use of Ginkgo biloba as a treatment for tinnitus<sup>20 21</sup>.

\* 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](https://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](mailto:communications@tinnitus.org.uk) or by writing to us at the address below.

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