

# Hibiscus

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

## In detail:

<b>Claims for treatment</b>	That hibiscus reduces the high blood pressure or high cholesterol <sup>1</sup> . These are sometimes suggested as causes for tinnitus.
<b>What is the treatment?</b>	Hibiscus can be taken as capsules, or brewed as a tea.
<b>What are the downsides of this treatment?</b>	None identified. It is regarded as safe <sup>1,2</sup> .
<b>Has there been research into this treatment?</b>	There have been no papers published on hibiscus as a tinnitus treatment
<b>What does the research say?</b>	Studies suggest that hibiscus has antibacterial, anti-oxidant, diuretic and anti-hypertensive properties <sup>1,2</sup> . However, clinical trial data is lacking to recommend its use for any condition <sup>2</sup> .

**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.**

<b>How high quality is the research?*</b>	None available in terms of efficacy. A for safety.
<b>Tinnitus UK's opinion on this treatment:</b>	There is no evidence available regarding this treatment for tinnitus. We would suggest you talk to your GP before taking any new medication or supplement.  "Dietary supplements should not be recommended to treat tinnitus." <sup>3</sup>
<b>Would Tinnitus UK support further studies into this treatment?</b>	If of sufficient robustness.
<b>Comments</b>	

\* 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](http://takeontinnitus.co.uk)

## References

All online references accessed 12 June 2024 unless noted.

1. Da Costa Rocha I, Bonnlaender B, et al. – A Phytochemical and Pharmacological Review. *Food Chemistry*. (2014) 165, 424-43. DOI: 10.1016/j.foodchem.2014.05.002

2. The Drugsite Trust. *Hibiscus*. [www.drugs.com/npp/hibiscus.html](http://www.drugs.com/npp/hibiscus.html)

3. 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](mailto:communications@tinnitus.org.uk) or by writing to us at the address overleaf.

## Document information

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 Version 2.0  
 Issue date June 2024  
 Review date June 2027  
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