



## **Clinical Nutrients in Tinnitus**

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Tinnitus is a symptom characterized by ringing, hissing, pulsing, or similar sounds in the one or both ears. The exact cause of tinnitus remains unclear and therefore there is no effective treatment available.

We conducted a pilot clinical trial to study the effects of a specific micronutrient combination used in patients suffering from tinnitus. This study was conducted in collaboration with Ear, Nose & Throat specialists.

The patients, 44-85 years old and suffering from chronic tinnitus (for more than three consecutive months), took a daily dosage of specific micronutrients for four months. Their hearing was measured at regular monthly intervals using a standard medical sound audiometer. They experienced a significant hearing improvement after four months of following the micronutrients.

The study results show that after only four months of taking the micronutrients, one-fourth of all the patients reported a strong improvement in their hearing up to 25-50 dB and return of their normal hearing ability. Forty-five percent of the patients reported moderate hearing improvement (up to 10-20 dB), while 30% of the patients reported a slight improvement in their hearing (up to 10 dB). For more than 50% of the patients the ringing noise in the ear was significantly reduced or completely eliminated, and the rest of the patients experienced at least some reduction in ear ringing.