

MediGreens CBD Gummies

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

In detail:

The makers claim	Medigreens CBD Gummies “reduce pain, anxiety & stress” ¹
What is the treatment?	Medigreens CBD Gummies are described as capsules ¹ . Cannabidiol (CBD extract) is the only ingredient of MediGreens CBD Gummies named but ‘plant and herb extracts’ are also mentioned ¹ .
What are the downsides of this treatment?	Animal models suggest that cannabinoids may promote the development of tinnitus ^{2 3} . Users of marijuana are more likely to experience tinnitus ⁴ . Cost
Has there been research into this treatment?	There are 10 relevant papers found with keywords tinnitus + cannabinoid in PubMed database.

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.

What does the research say?	To date, there have been no systematic studies of the effects of cannabinoids on tinnitus in humans ⁵ . It is feasible that different cannabinoids may have different effects on tinnitus ³ .
How high quality is the research?*	A-D
Tinnitus UK's opinion on this treatment:	Very little research has been done, but the evidence so far suggests that cannabinoids may exacerbate tinnitus. Licences for the use of CBD oil or hemp oil as a medicine have not yet been granted. "Dietary supplements should not be recommended to treat tinnitus." ⁶
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality study.
Comments	Products containing CBD oil are legal in the UK, providing the content of a psychoactive component of cannabis (THC, tetrahydrocannabinol) is 0.2% or below.

* 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**

References

All online references accessed 14 November 2022 unless noted.

1. Big News Network. *MediGreens CBD Gummies Reviews: Quit Smoking & Tinnitus – Risk Warning!!*
www.bignewsnetwork.com/news/270360755/medigreens-cbd-gummies-reviews-quit-smoking--tinnitus-risk-warning
2. Zheng Y, Reid P, Smith PF. Cannabinoid CB1 receptor agonists do not decrease, but may increase acoustic trauma-induced

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.

tinnitus in rats. *Frontiers in Neurology* (2015). <https://doi.org/10.3389/fneur.2015.00060>

3. Narwani V, Bourdillon A, Nalamada K, Manes RP, Hildrew DM. Does cannabis alleviate tinnitus? A review of the current literature. *Laryngoscope Investigative Otolaryngology*. (2020) Oct 30;5(6):1147-1155. doi: 10.1002/lio2.479.

4. Qian ZJ, Alyono JC. An Association between marijuana use and tinnitus. *American Journal of Otolaryngology*. (2020); 41(1): 102314. doi:10.1016/j.amjoto.2019.102314

5. Smith PF, Zheng Y. Cannabinoids, cannabinoid receptors and tinnitus. *Hearing Research*. (2016); 332 210-216.

6. 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 or by writing to us at the address below.

Document information

Author	Nic Wray
Version	2.0
Issue date	November 2022
Review date	November 2025
© Tinnitus UK	



Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email helpline@tinnitus.org.uk
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website tinnitus.org.uk

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

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.