

# Smilz CBD Gummies

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

## In detail:

<b>The makers claim</b>	Smilz CBD gummies help “in solving all physical and mental health issues” <sup>1</sup> .
<b>What is the treatment?</b>	Smilz CBD Gummies are chewable gummie sweets <sup>1</sup> .  Each gummie “mainly contains Hemp Plant Extract, Olive Oil, Lavender Oil, Garcinia Cambogia, Green Tea Extract, and more” <sup>1</sup> .
<b>What are the downsides of this treatment?</b>	Animal models suggest that cannabinoids may promote the development of tinnitus <sup>2 3</sup> .  Users of marijuana are more likely to experience tinnitus <sup>4</sup> .  The US Food and Drug Administration considers Garcinia cambogia to be unsafe <sup>5</sup> .  Green tea can be harmful in large doses <sup>6</sup> .  Cost
<b>Has there been research into this treatment?</b>	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.**

<b>What does the research say?</b>	To date, there have been no systematic studies of the effects of cannabinoids on tinnitus in humans <sup>7</sup> .  It is feasible that different cannabinoids may have different effects on tinnitus <sup>3</sup> .
<b>How high quality is the research?*</b>	A-D
<b>Tinnitus UK's opinion on this treatment:</b>	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." <sup>8</sup>
<b>Would Tinnitus UK support further studies into this treatment?</b>	Yes, if a high quality study.
<b>Comments</b>	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 16 November 2022 unless noted.

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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.

## Feedback

We welcome feedback on all our information.

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