

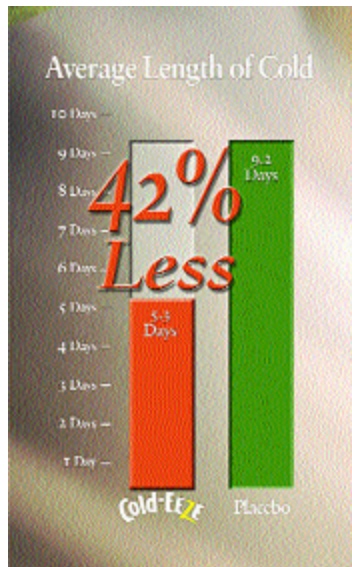
Clinical Study

From the Dartmouth College Study, Hanover, New Hampshire, 1992

“...the [COLD-EEZE] lozenges...release 90-93% of zinc ions, whereas citric acid and mannitol/sorbitol formulations release no zinc ions when dissolved in the mouth.”¹

“...mean total duration for the day-1 [COLD-EEZE]-treated patients.... constitutes 42% reduction in the duration of the common cold.... if treatment were started within hours of the onset of symptoms... the overall reduction in symptom duration could be...62%.”¹

A randomized, placebo-controlled, double-blind study was conducted to test the efficacy of COLD-EEZE lozenges in the reduction of the common cold.¹



Patients:

- 73 persons presenting with between 2 and 9 symptoms consistent with a common cold for no more than 2 days
- 35 persons were treated with COLD-EEZE lozenges containing 23 mg of ionic zinc.
- 38 persons were treated with placebo lozenges containing tannic acid, glycine and calcium saccharinate.

Measures:

- Patients were instructed to rate the severity of 10 cold symptoms, and to record any side effects.

Results:

- After day 4, the rate at which the COLD-EEZE patients became symptom-free increased rapidly compared with the placebo-treated patients, and became significant ($P = 0.05$) by day 6.
- The difference between COLD-EEZE and placebo groups, by the criterion of symptom severity reduction, was noticeable by day 5, and significant ($P < 0.025$) by day 7.

Adverse Events:

- Eight zinc gluconate glycine-treated patients and six placebo-treated patients withdrew from the trial.
- Only mild side effects were noted, the most common being gastrointestinal discomfort and mouth irritation. References

1. Godfrey JC, Sloane BC, Smith DS, et al. Zinc Gluconate and the Common Cold: a Controlled Clinical Study. *J Int Med Res.* 1992;20(3):234-246.