

Cold Remedy For Persons with Diabetes, or Concerns with Glycemic Control...

From the Diabetes and Glandular Disease Clinic Study, San Antonio, Texas, 2001

“This study did not detect any deleterious effect of 10 days of dosing with sugar-free [COLD-EEZE] lozenges on diabetic control as assessed by fructosamine level, fasting blood glucose level and home glucose monitoring.”¹

A single-center, randomized, single-blind placebo-controlled trial was conducted in patients with diabetes to assess the effects of sugar-free COLD-EEZE tablets on glucose control in patients maintained on stable antidiabetic therapy.¹

Patients:

48 persons with Type 1 or Type 2 diabetes were treated with COLD-EEZE sugar-free zinc or placebo tablets for relief of cold symptoms

- 13 persons received sugar-free placebo tablets
- 35 persons received sugar-free COLD-EEZE tablets

Measures:

Fasting blood glucose level was measured at baseline, study day 10, and study day 21.

Results:

No detrimental effect on overall diabetic control

Adverse Events:

- No patients withdrew from the trial.
- There were no serious adverse events.

References

1. Schwartz SL, Fischer JS, Kipnes MS. Sugar-Free Zinc Gluconate Glycine Lozenges (Cold-Eeze) Do Not Adversely Affect Glucose Control in Patients With Type 1 or Type 2 Diabetes Mellitus. *Am J Ther.* 2001;8(4):247-252.