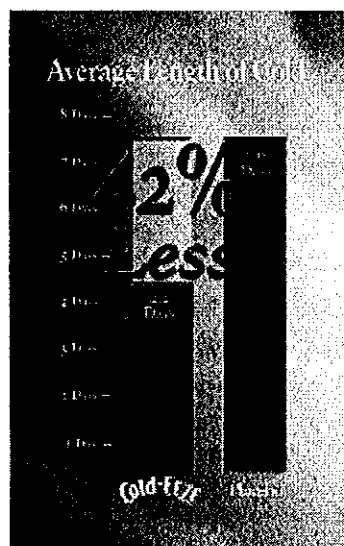


Clinical Study

From the Cleveland Clinic Foundation Study, Cleveland, Ohio, 1996

“The time to complete resolution of symptoms was significantly shorter in the [COLD-EEZE] group than in the placebo group median, 4.4 days compared with 7.6 days $P < 0.001$.”¹

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



Patients:

- 100 persons who developed common cold symptoms within
- 24 hours of study enrollment
- Patients in the COLD-EEZE group (n =50) received lozenges containing 13.3 mg of zinc from zinc gluconate glycine every two hours as long as they had cold symptoms.
- Patients in the placebo group (n = 50) received similarly administered lozenges containing 5% calcium lactate pentahydrate.

Measures:

Subjective daily scores for cough, headache, hoarseness, muscle ache, nasal drainage, nasal congestion, scratchy throat, sore throat, sneezing and fever (assessed by oral temperature).

Results:

Time to complete resolution of symptoms was significantly shorter in the COLD-EEZE group than in the placebo group (median, 4.4 days compared with 7.6 days; $P < 0.001$).

Adverse Events:

- Six patients (four placebo recipients and two zinc recipients) withdrew from the study.
- Only mild side effects were observed, the most common being mouth irritation and bad taste.

References

1. Mossad SB, Macknin ML, Medendorp SV, Mason P. Zinc Gluconate Lozenges for Treating the Common Cold. A Randomized, Double-Blind, Placebo-Controlled Study. *Ann Int Med.* 1996;125(2):81-88.