

MEDIA RELEASE - FOR IMMEDIATE RELEASE

Popular Cold & Flu Supplement Receives 110 Side Effect Complaints, New Study By Supplemento Finds

Analysis of 22,052 reports to the Database of Adverse Event Notifications reveals the dietary supplements in Australia with the most side effect cases in 2023.

BRISBANE, AUSTRALIA - 2 FEBRUARY 2024: A popular cold & flu supplement has received a total of 110 side effects complaints in 2023, [according to a new study by Supplemento](#).

The analysis also found that females made up 76% of all reported side effect cases where the gender was known in 2023.

The analysis involved Supplemento analysing 22,052 side effect cases reported to the Database of Adverse Event Notifications (DAEN) in 2023. Factors such as gender breakdowns, age breakdowns and reported side effect reactions were analysed.

Supplement with most reported side effects: A popular cold & flu supplement was found to have a total of 110 reported cases of side effects in 2023, more than any other dietary supplement in Australia.

Impact of gender: Females made up 76% of all reported side effect cases to the DAEN in 2023.

Impact of age: Despite making up 16% of the population, Australians aged over 65 made up 27% of all side effect cases.

Supplement with second most reported side effects: A magnesium-based relaxation supplement had the second highest number of cases with 68 in 2023. 98% of these were by females.

Most common side effects: For dietary supplements, the most common reported side effects were anaphylactic reaction, vomiting, diarrhoea, headache and fatigue.

Supplement with third most reported side effects: A probiotic received 24 reports of adverse events in 2023, with the most common reactions being abdominal pain (8 reports), nausea (8 reports) and dyspepsia (5 reports).

Concerning side effects: A popular female reproductive product received 3 reports of users experiencing suicidal ideation while consuming the product.

“The dietary supplement industry in Australia continues to grow every year, though some consumers are unaware of the potential side effects associated with these products. This

study sheds light on how common side effects can be with certain supplements,”
Supplemento founder Louis Fredheim said.

Complete Analysis Results: <https://supplemento.com.au/research/side-effect-statistics-2023>

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Fair Use: Feel free to quote any of the statistics, or use any of the charts in the study in your own work, as long as you provide attribution in the form of a link back to the study.

About Supplemento

Supplemento is a tool for comparing dietary supplements and vitamins in Australia. It makes supplement selection easy by letting users compare active ingredient concentrations, pricing, real user reviews and even side effect data.

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Contact Information:

Name: Louis Fredheim

Company: Supplemento

Email: louis@supplemento.com.au

Address: 1 Banda St, Nundah QLD 4012 Australia

Phone: (07) 3132 0139

Website: <https://supplemento.com.au/>