

**Hemilä (2011) (ref 11):**  
Zinc lozenges and the  
common cold,  
placebo-controlled trials

13 trials

**Singh & Das (2013) (ref 12):**  
Zinc for treating and  
preventing the common cold,  
randomized trials

18 trials

**Science et al. (2012) (ref 13):**  
Zinc for treatment of the  
common cold, randomized  
trials

17 trials

Restriction to  
placebo-controlled  
trials on high dose  
zinc lozenges  
(>75 mg/day zinc)  
and the common cold

3 trials

3 trials

3 trials

Removal  
of duplicates

3 trials

**New search of Pubmed**  
with the free search terms  
“zinc” and “lozenge\$”  
(Jan 2, 2015)  
Overall 28 records identified.  
  
No new trials found

3 placebo-controlled trials with zinc lozenges in doses >75 mg/day of zinc  
were included in the meta-analysis: refs. 21-23