

## Appendix 3: Characteristics of studies, funding of studies, risk of bias

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**Table 1: Characteristics of studies**

Study ID	Country Setting Study design	Participants Age (mean $\pm$ SD) Risk factors*	Zinc Intervention (elemental dose/day) No. enrolled (CAA)	Comparator No. enrolled (CAA)	Outcomes assessed Follow-up time
<b>SAFETY / TOLERABILITY</b>					
<i>Zinc versus placebo control</i>					
Silk 2005 <sup>1</sup>	US Community Single centre 2-arm RCT	Older adults Age: 60-91 years (68.4 $\pm$ 7 yrs) <i>chronic diseases</i> n=66	Lozenge: zinc gluconate glycine (Cold-Eeze®) Zinc dose: <79.8mg/day for 6 days N=NI (33)	Placebo lozenge: NI for 6 days N=NI (33)	1. AEs: PRO assessed on day 7 and 14 2. Medications: day 7 and 14 3. Vital signs: day 1 and 7 4. AEs: laboratory tests (full blood count, electrolytes, kidney function, urine chemistry) on day 7 14 days
Al Nakib 1987 (C) <sup>2</sup>	UK Isolation unit Single centre 2-arm RCT	Healthy adults Age: 18-50 years (Zinc 31.5 yrs; Control 29.4 yrs) HRV-2 inoculation (n=10), placebo saline inoculation (n=8)	Lozenge: 23mg zinc gluconate 1 every 2 waking hours up to 12 daily (279mg) from 24 hours prior to inoculation, for 5 days N=7 (7)	Placebo lozenge: matched appearance, excipients 1 every 2 waking hours from 24 hours prior to inoculation, for 5 days N=11 (11)	1. Tolerability – taste 2. AEs (biochemical, haematological changes) day 3-4
<b>PREVENTION ONLY</b>					
<i>Zinc versus placebo control</i>					
Prasad 2007 <sup>3</sup>	US Community Single centre 2-arm RCT	Older adults Age: 55-87 years (Zinc 65 $\pm$ 9 yrs, Control 68 $\pm$ 7 yrs) >70 years age n=19 <i>influenza vaccine</i> n=37 <i>chronic diseases</i> n=9 <i>medications</i> n=17	Capsule: 15mg zinc gluconate 2 morning, 1 night 45mg / day for 12 months N=25 (24)	Placebo capsule: matched appearance, excipients 2 morning, 1 night for 12 months N=25 (25)	Incidence rate: 1. Any infection <sup>4</sup> 2. URTI: rhinitis, sinusitis, or bronchitis 3. Tonsillitis 4. Common cold: based on 7 symptoms 5. Cold sores 6. Flu-like illness 7. Fever (self-recall and nurse practitioner assessed)