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December 2019. Although studies examining the effect of zinc treatment on cold symptoms have had somewhat conflicting results, overall zinc appears to be effective in certain circumstances.... In September 2017, Caruso and colleagues published a structured review of the effects of zinc lozenges, nasal sprays, and nasal gels on the common cold [69]. Of the 14 randomized, placebo-controlled studies included, 7 (5 using zinc lozenges, 2 using a nasal gel) showed that the zinc treatment had a beneficial effect and 7 (5 using zinc lozenges, 1 using a nasal spray, and 1 using lozenges and a nasal spray) showed no effect. More recently, a Cochrane review concluded that "zinc (lozenges or syrup) is beneficial in reducing the duration and severity of the common cold in healthy people, when taken within 24 hours of onset of symptoms" [73]. The author of another review completed in 2004 also concluded that zinc can reduce the duration and severity of cold symptoms [68]. However, more research is needed to determine the optimal dosage, zinc formulation and duration of treatment before a general recommendation for zinc in the treatment of the common cold can be made [73]. As previously noted, the safety of intranasal zinc has been called into question because of numerous reports of anosmia (loss of smell), in some cases long-lasting or permanent, from the use of zinc-containing nasal gels or sprays [1719].^ a b c Kim SY, Chang YJ, Cho HM, Hwang YW, Moon YS (September 2015). "Non-steroidal anti-inflammatory drugs for the common cold". The Cochrane Database of Systematic Reviews. 2015 (9): CD006362. doi:10.1002/14651858.CD006362.pub4. PMC10040208. PMID26387658.^ a b c d e f Simasek M, Blandino DA (February 2007). "Treatment of the common cold". American Family Physician. 75 (4): 51520. PMID17323712. Archived from the original on 26 September 2007.^ "Common Cold". Centers for Disease Control and Prevention. Archived from the original on 1 February 2016. 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