



# Migraine Support

## Migraine Support

**90 vcaps**

Servings Per Container: 30

Serving Size: 3 capsules

Suggested Use: Take 3 capsules, once daily, or 1 capsule 1-3 times daily or as directed.

Ingredients	Dose Per Serving (3 capsules)
Feverfew 0.2%	150 mg
Rosemary 6%	80 mg
Ginger Root	80 mg
Ubiquinol (Kaneka Q30)	75 mg
Vitamin E (Mixed Tocopherols)	100 mg
Vitamin B2 (Riboflavin)	50 mg
Riboflavin-5-Phosphate	20 mg
Magnesium (Glycinate)	150 mg
MCC (filler)	175 mg

**Directions: Take 3 capsules per day or as directed.**

**Why take this supplement:** These are carefully chosen vitamins and herbs that are scientifically supported for helping to manage chronic migraine headache. Each ingredient plays a special role as described below:

- **Feverfew** - Studies have shown that it may reduce of frequency and severity of headaches and may be more effective than other NSAIDS. It inhibits the release of two inflammatory substances, serotonin and prostaglandins, both found to contribute to the onset of migraines. \*
- **Rosemary** - Rosemary is an antispasmodic, antioxidant and anti-inflammatory agent. It is associated with reduced intensity and frequency of migraine as well as relaxing muscle tone.\*
- **Ginger Root** - Ginger has long been valued for its ability to combat inflammation, nausea and pain and as such, it is beneficial to handle the many manifestations of migraine—ranging from head pain to vomiting. Ginger acts effectively in relieving acute symptoms as well as a preventive therapy.\*
- **Ubiquinol** - Kaneka Ubiquinol™ is the reduced, active antioxidant form of CoEnzyme Q10. This is particularly important in those taking statin medications but has a role in migraine therapy in various groups of patients studied. Ubiquinol is one of the few antioxidants that work not just in the fatty parts of the body (such as cell membranes and LDL cholesterol) but also in the mitochondria where energy is manufactured.\*
- **Vitamin E as mixed Tocopherols** - This form of Vitamin E includes mixed tocopherols (alpha, beta, gamma and delta) and provides a broader spectrum of activity than D-alpha- tocopherol alone.\*
- **Vitamin B2 as Riboflavin and Riboflavin-5-Phosphate** - Riboflavin is a B vitamin that is crucial to mitochondrial energy production. Riboflavin helps increase neuronal energy production and has been shown to be effective as migraine-preventive therapy. A randomized trial of migraine sufferers found that nearly 60% of those who received riboflavin saw a 50% or greater reduction in the number of migraines per month.\*
- **Magnesium Glycinate** - Recent US research suggests 50% of the population are deficient in magnesium so supplementation is recommended. Magnesium deficiency in the brain has been implicated in the pathophysiology of migraine sufferers. Several studies suggest that magnesium may reduce the frequency of migraine attacks in people with low levels of magnesium.\*

\* Please see our website links for all published references if you would like more information.

### Cautions:

These are generally well tolerated. Drug interactions may exist. Abrupt discontinuation may cause post-feverfew syndrome. Caution and potential contraindication to this supplement for those on blood-thinning medication. Caution in those with underlying kidney disease. Please consult your doctor for your specific medication compatibility. As with all chemicals, allergic reactions may exist. Caution in those with underlying kidney disease. Does not contain dairy, gluten, soy, wheat, nuts or yeast.