



Supplements Doses for Migraine

The following supplements have all been shown to provide significant improvements for migraine patients.

Magnesium:

- Dr Mark Hyman recommends a high dose of Magnesium Citrate or Magnesium Glycinate at 300-600mg twice per day to help prevent attacks.
- Another published study suggests a daily dose of 400mg. (1)

Riboflavin

- 400mg of riboflavin was taken for 3 months which resulted in a 50% reduction of attacks in 59% of patients compared to 15% for the placebo. (2)

CoQ10 (Coenzyme Q10)

- 300 mg daily (1)

Butterbur (Petalex)

- 75 mg twice daily for 1 month, then 50mg twice daily. (1)

Feverfew

- 100 mg daily (1)

Ginger

- Take a quarter teaspoon of ginger powder dissolved in a cup of water at the onset of an acute attack.
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Sources:

1) Sun-Edelstein C, Mauskop, A. 'Foods and Supplementation in the Management of Migraine Headaches.' *Clinical Journal of Pain*, Vol 25, No.5 Jun 2009

2) Schoenen J, Jacqy J, Lanaerts M. 'Effectiveness of high-dose riboflavin in migraine prophylaxis.' *Neurology*. 1998;50: 466-470

3) M Maghbooli, F Golipour, A Moghimi Esfandabadi, M Yousefi. 'Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine.' *Phytother Res*. 2014 Mar;28(3):412-5. doi: 10.1002/ptr.4996.