## Vitamin B3

Dilates blood vessels; Increases serotonin.

### **Carnitine**

Implicated in migraine pathophysiology due to its role in mitochondrial energy metabolism.

# **Lipoic Acid**

Enhances mitochondrial energy metabolism.

## CoQ10

Aids mitochondrial metabolism; May prevent migraines.

# **Vitamin C**

Newly discovered role in neural tissue may explain its clinical benefit in a double blind trial on headache frequency.

## Vitamin B2

Effective for migraine prevention, aids mitochondrial energy metabolism.

# HEADACHES

### Vitamin B12

Scavenges nitric oxide, which is implicated in migraine pathogenesis.

## **Vitamin D & Calcium**

Small trials show benefit with combined supplementation.

# **Magnesium**

Efficacious for migraine prevention in several trials; Magnesium deficiency can cause arterial spasm and its role in neurotransmission may explain the migraine-magnesium depletion link.

#### **Glutathione**

Low levels of glutathione peroxidase implicated in migraine etiology.

Folate MTHFR gene linked to migraines. This gene raises folate requirements.

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