



## ***PATIENT INFORMATION***

### **Vitamins or supplements that help with headache**

There are a variety of supplements that have been claimed to help with headache. Of these, only a few have some scientific studies that support their potential benefit for reducing migraine:

#### **Riboflavin - 400 mg. per day**

Riboflavin is Vitamin B2, which is important for energy metabolism. The rationale for using riboflavin in migraine is that it may help boost brain energy metabolism. It is generally well tolerated, although it turns the urine an orange color. While many multivitamins contain riboflavin, they do not typically have the amounts that have been studied for migraine. Patients should not try to achieve 400 mg. of riboflavin by taking multivitamins, because this may result in toxicity due to excessive amounts of the other vitamins that are part of the tablet.

#### **Magnesium 300-500 mg. per day**

Magnesium is an element that is important for a variety of functions in the body. There is evidence that fluctuations in levels of magnesium, specifically low levels of magnesium, can be a trigger for migraine. Taking magnesium may therefore help reduce these fluctuations in magnesium levels. Magnesium is generally well tolerated, although occasionally it causes stomach upset and diarrhoea.

#### **Coenzyme Q10 (CoQ10) 300-600 mg. per day**

CoQ10 is a naturally occurring component of cells that is involved with energy metabolism. For migraine patients, it has been proposed that CoQ10 may help increase brain energy metabolism in a manner that helps reduce migraine (the same rationale as for Vitamin B2). It is extremely well tolerated without any significant side effects. Its main negative is that it can be expensive.