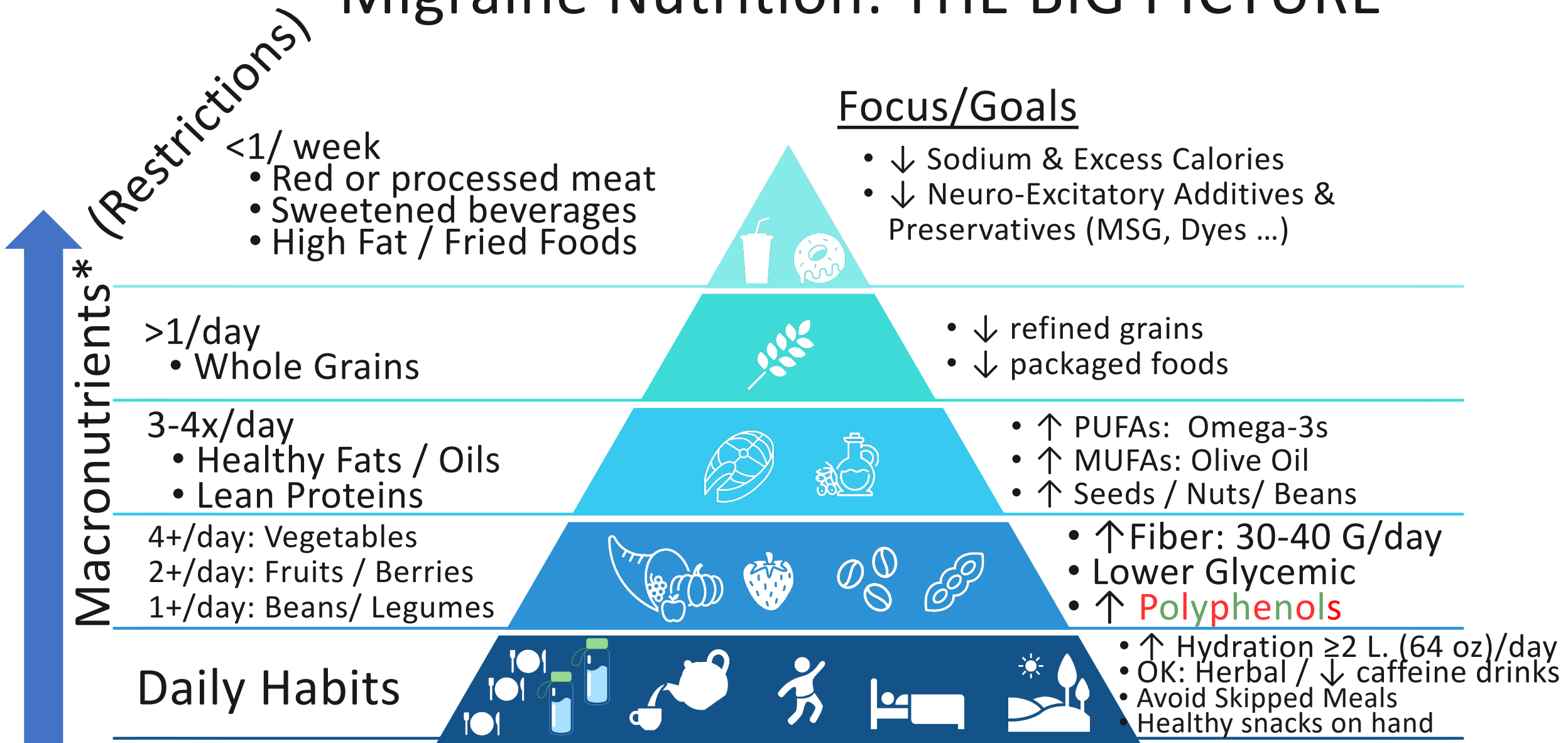


Migraine Nutrition: THE BIG PICTURE



Migraine Supplementation: THE BIG PICTURE

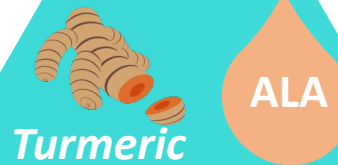
Focus/Goals

Individualize



- Herbals & Nutrients that approach symptoms & areas of need:

- Inflammation
- Other pain conditions
- Blood Sugar
- Cholesterol...



Optimize



- Nutrients beneficial in migraine*



Replete*



- Nutrients commonly Deficient / Insufficient

Supplement Considerations for Migraine	Typical Daily Dose	Notes: Preferred Form; Potential Effects +/-
Coq10 / Ubiquinol	100-200 mg	↑ need with age & meds (cholest.)
Vitamin D₃	2,000 iu+	Emulsified form or w/ food
Magnesium (Chelate)	2-600 mg	Chelated form; GI Tolerability; ↑ need w/ meds
Folate/B12	400-1000 mcg	Methylated form; ↑ need w/ age & meds
Riboflavin (Vit B2)	50-400 mg	R5P form; split dosing due to ↓ absorption
Alpha Lipoic Acid	150-300 mg	Cholesterol & blood sugar benefit
Omega-3 (EPA/DHA/DPA)	0.5- 2 G	Background diet and omega-6 intake key
Melatonin	3 mg @ bed	Vivid dreams
Ginger	400-2000 mg	Blood sugar & GI benefit
Curcumin	400-1000 mg	Memory & GI benefit
Boswellia	300-500 mg	Inflammation & Joint benefit
Pine bark extract	100-1000 mg	Memory & ?PTSD benefit
Grape seed extract	Varies	Antioxidant
Zinc (Carnosine)	15-25 mg	GI Benefit
Iron (chelate)	4 mg/kg	Dose based on deficiency; Mood Benefit

Common Migraine Nutrients: Ranges and Targets

Lab	Range*	Target
Coenzyme Q10	0.4– 1.4 ug/mL	>1
Vitamin B1	74-222 nmol/L	>100
Vitamin B2	5-40 µg/dL	>20
Folate RBC (B9)	140 - 628 ng/mL	>400
Folate serum (B9)	5-40 nmol/L	>20
Vitamin B12	130-700 ng/L	>450
Vitamin D	30-100 ng/mL	~40-60
Magnesium RBC	4.2 - 6.8 mg/dL	>6
Zinc	70-100 µmol/L	> 80

* Ranges vary based on individual lab parameters