Migraine Nutrition: THE BIG PICTURE

Restrictions <1/ week

- Red or processed meat
 Sweetened beverages
 High Fat / Fried Foods

Focus/Goals

- ↓ Sodium & Excess Calories
- ↓ Neuro-Excitatory Additives & Preservatives (MSG, Dyes ...)

>1/day

acronutrients*

Whole Grains



- ↓ refined grains
- ↓ packaged foods

3-4x/day

- Healthy Fats / Oils
- Lean Proteins





- 个 PUFAs: Omega-3s
- 个 MUFAs: Olive Oil
- 个 Seeds / Nuts/ Beans

4+/day: Vegetables

2+/day: Fruits / Berries

1+/day: Beans/ Legumes



- 个Fiber: 30-40 G/day
- Lower Glycemic
- Polyphenols

Daily Habits

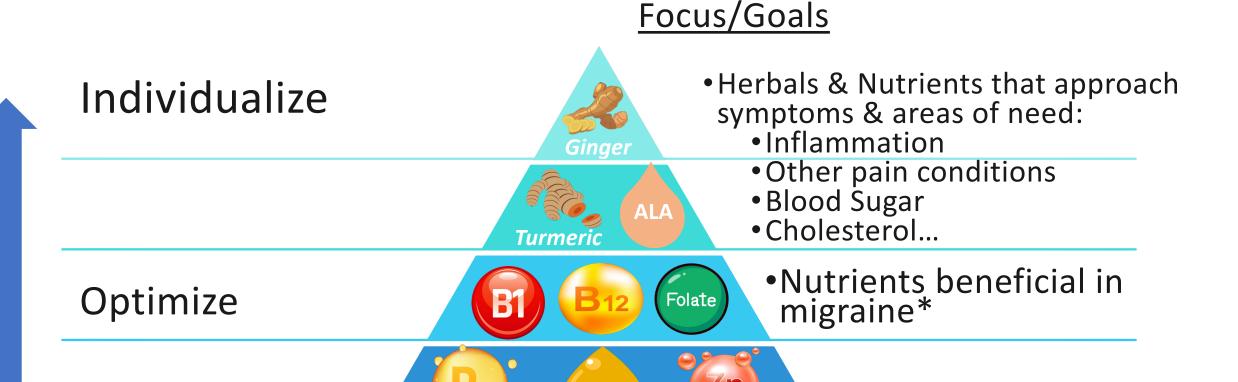






- ↑ Hydration ≥2 L. (64 oz)/day
 OK: Herbal / ↓ caffeine drinks
 Avoid Skipped Meals
- Healthy snacks on hand

Migraine Supplementation: THE BIG PICTURE



Omega-3

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 D ₃	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	
©Robert Bonakdar MD FAAFP FACN	+=dose may be hi	gher based on lab testing https://MigraWell.com	

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