CoQ10
Aids mitochondrial metabolism; May prevent migraines.

Vitamin D & Calcium
Small trials show benefit with combined supplementation.

Vitamin B2
Effective for migraine prevention, aids mitochondrial energy metabolism.

Vitamin B3
Dilates blood vessels; Increases serotonin.

Glutathione
Low levels of glutathione peroxidase implicated in migraine etiology.

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.

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

Lipoic Acid
Enhances mitochondrial energy metabolism.

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

Vitamin B12
Scavenges nitric oxide, which is implicated in migraine pathogenesis.

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


For additional references, go to http://www.spectracell.com/online-library-