

Supplements that may ease symptoms of migraine headaches



1. *Feverfew Leaf*

50 mg daily or 125mg dried feverfew leaf from *Tanacetum parthenium*

High in Sesquiterpene Lactones (STL) of which must contain at least 0.2% parthenolide content.

2. *Ginger*

500-600 mg powder—every 4 hours for 4 days

Pro-inflammatory mediator; inhibits platelet aggregation.

3. *Ginko Biloba Extract*

120-240 mg per day

Platelet-activating Factor (PAF) antagonist.

4. *Magnesium*

200-360 mg per day

Inhibits vasospasm and platelet aggregation.

5. **Riboflavin**

400 mg per day with breakfast for at least 90 days

Involved in the electron-transport chain.

6. **L-Tryptophan**

500 mg per day for 90 days, every 6 years

Precursor to serotonin production.

7. **Fish Oil** (omega 3 fatty acids)

Inhibits platelet aggregation.

8. **Maintain blood sugar levels**—eat small meals throughout the day.

AVOID:

–**Tyramine** (a vasoactive amine) in foods such as aged cheese, yogurt, beer, wine, liver, and yeast.

-Foods that may be allergens.