

Supplements For Migraine/Headache Prevention

- **CoQ10** 300mg Daily (*Can Be Taken With "Statin" Medications To Prevent Muscle Soreness Due To These Medications*)
 - **Magnesium** 400-600mg Daily
Note: Magnesium Can Also Be Used For Constipation-Be Aware It Can Cause Diarrhea- Begin With a Low Dose & Increase Slowly As Tolerated
 - **Riboflavin (Vitamin B2)** 400mg Daily
 - **Feverfew** 50-300mg Daily
 - **Melatonin** 3-10 mg Nightly (*Can also help with insomnia*) **Take The Melatonin 1 Hour Before Bedtime**
- * **Butter Burr Was Commonly Recommended As A Supplement For Migraines, But Product Safety Is A Concern, So The Medication Is No Longer Recommended. (It Can Cause Fulminant Hepatitis)**
- * **Please Note That Some Of The Feverfew Supplements, Are Mixed With Butter Burr. DO NOT BUY THIS COMBINATION SUPPLEMENT!**

These Doses Except for Melatonin, Can Be Divided Into Morning & Night Doses.

***Start By Adding 1 Supplement Per Week, Until Taking ALL 5 Per Day**

Please Call If You Experience ANY Side Effects!!!