

## Supplements that can help your headaches:

### **Magnesium:**

Magnesium is an important mineral responsible for building/strengthening bones and teeth, relaxing muscles, transmitting nerve signals, strengthening the immune system, energizing metabolism, and regulating blood pressure. Magnesium also seems to reduce the frequency and severity of migraine headaches. Common side effects of magnesium are GI-related, such as nausea, vomiting and diarrhea. Medications that interact with magnesium are certain antibiotics, calcium channel blockers used for hypertension, muscle relaxants and diuretics. **Usual dosing used to reduce the severity and frequency of migraines: magnesium oxide 400mg once/day.**

### **Foods Rich in Magnesium:** (the very best are in *Italic*)

**Seeds & Nuts:** *Pumpkin seeds*, flaxseed, sesame seeds, sunflower seeds, almonds, cashews, peanuts & peanut butter.

**Beans & Legumes:** *Black beans, soy beans*, all types of beans, lentils, & soy products.

**Vegetables:** *All green leafy vegetables, such as spinach, Swiss chard, kale, collard turnip & beet greens*. Potatoes, summer squash, beets, cabbage, broccoli, cucumbers, celery, artichokes, parsnips, peas, tomatoes, pumpkin & kelp.

**Fruits:** avocado, banana, dried apricots, figs, kiwi, prunes, mango, honeydew melon & grapefruit.

**Whole Grains:** *Quinoa, millet, buckwheat, brown rice*, oatmeal, wheat germ, wheat bran, barley, wheat flour & enriched whole wheat/whole grain bread.

**Fish & Meat:** *Chinook salmon, white halibut*, flatfish, rockfish, haddock, perch, cod, scallops, tuna, chicken, ground beef, beef tenderloin, ham, turkey breast, cow's milk.

### **Riboflavin (Vitamin B2):**

Riboflavin is a water-soluble B-complex vitamin that is used by every cell in your body to produce energy, to repair and maintain the health of your skin, hair, eyes and to convert carbohydrates, protein and fat into energy. Riboflavin in high doses also seems to reduce the frequency of migraine headaches, but not the severity. Common side effects of riboflavin are: turning the urine to bright yellow/orange in color, and diarrhea. Medications that interact with riboflavin are anticholinergic medicines, tricyclic antidepressants, and phenobarbital. **Usual dosing for preventing migraine headaches: 100mg-200mg of riboflavin per day.** It may take up to three months to get best results.

### **Foods Rich in Riboflavin:** (the very best are in *Italic*)

**Fish & Meat:** Beef liver, lean cuts of beef, pork tenderloin, venison, dark meat chicken, tuna, trout, salmon, and king mackerel.

**Dairy Products:** eggs, low fat milk, all low fat dairy products (yogurt, cheeses, cottage cheese)

**Nuts, Beans & Legumes:** soybeans and soy products (tofu, tempeh, soy milk); Black, kidney, navy and pinto beans; Pecans, almonds, pistachios, walnuts and peanuts; sesame seeds

**Vegetables:** Leafy green vegetables including spinach and collards; cruciferous vegetables like broccoli, cabbage and cauliflower; *mushrooms*, asparagus, sun-dried tomatoes

**Whole grains:** Whole wheat bread or pasta, brown rice and bran cereal, wheat bran; many processed or white grain products are fortified or enriched with riboflavin

**Miscellaneous:** *yeast extract spread (Marmite)*; dried herbs and spices, such as paprika, coriander, spearmint, parsley and chili powder

### **Coenzyme Q10**

Coenzyme Q10 is an essential nutrient to overall health. It helps to prevent cholesterol build up in the arteries to prevent heart disease, relaxes blood vessels to treat and prevent high blood pressure, and helps to slow the progression of neurological diseases, like Parkinson's disease. Taking coenzyme Q-10 by mouth seems to help prevent migraine headaches, decreasing frequency by 30% and reducing headache-related nausea by 45%. Common mild side effects include stomach upset, loss of appetite, nausea, vomiting, and diarrhea; allergic skin rashes, and possibly lower blood pressure. Medications that interact with Coenzyme Q10 are certain chemotherapy drugs and high blood pressure medicines, and warfarin. **Usual dosing for preventing migraine headache: 100 mg 1-3 times daily.** It can take up to 3 months for significant benefit.

**Foods Rich in Coenzyme Q10:** (the very best are in *Italic*)

**Meats and fish:** all beef, chicken and pork, with the highest qualities found in red meats, particularly organ meats like *liver*; salmon, tuna, *herring*, rainbow trout; Eggs

**Oils, nuts & seeds:** soybean, rapeseed, sesame, and canola oil; peanuts, sesame seeds and pistachios

**Fruits & vegetables:** not a major source of CoQ10, but broccoli and cauliflower (boiled or raw), oranges and strawberries contain small amounts of it.