

# HEADACHES

**Vitamin B3**  
Dilates blood vessels;  
Increases serotonin.

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

**Lipoic Acid**  
Enhances mitochondrial  
energy metabolism.

**CoQ10**  
Aids mitochondrial metabolism;  
May prevent migraines.

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

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

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

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

**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.

**Glutathione**  
Low levels of glutathione peroxidase  
implicated in migraine etiology.

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

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