

Supplements and Migraine

Dietary supplements have been scientifically shown to provide benefits for those living with migraine.

Why

Evidence shows that certain dietary supplements, in the right dosage, can reduce migraine intensity, frequency, or both — which can make a big impact on your health and quality of life. However, many supplements on the market do not meet the scientific, purity, or manufacturing standards, which means less benefit for you.

What

Six supplements have proven benefits for migraine: Magnesium, Vitamin B2 (riboflavin), CoQ10, Feverfew, Butterbur, and Melatonin. With each, two attributes matter most: dosage and quality. For example, research shows a 600mg daily dosage of magnesium benefits migraine most, yet most brands offer only 300mg daily. In addition, you want to be sure that what you are putting in your body is what's printed on the label — so look for supplements independently tested to confirm their accuracy and manufactured to the highest standards.

How

While the science shows how effective these six supplements can be for migraine, the right combination of supplements for you will be specific to your needs. This may take trial and error, but the payoff can be a significant improvement in your quality of life.

Take the next steps:

If you are new to supplements for migraine, our supplement quiz can get you started with basic recommendations. Visit shop.ctrlmhealth.com to take the quiz.

Then, speak with your provider about whether these recommendations are right for you. It is important to take into account your entire health history, including any medications you take. Your provider can best support you with this.

Once you start your regimen, track your headache symptoms in a headache diary or tracker. Keep in mind, it can take up to 6 weeks of regular use to see improvement on any new supplement schedule.

If you'd like to learn more, including a checklist to find the right supplement approach for you, read our article "[Understanding How Migraine Dietary Supplements Can Help You](#)" in our Knowledge Portal: ctrlmhealth.com/knowledge.

