

## **HERBS, VITAMINS & MINERALS (MIGRELIEF)**

MigreLief is a product that combines magnesium, riboflavin and feverfew, three natural ingredients that have been shown in scientific trials to prevent migraine headaches. Some people have poor magnesium absorption and require an intravenous injection of magnesium. Our research has shown that such an injection can result in a dramatic improvement in up to 50% of migraine sufferers. MigreLief is made by Natural Science Corporation of America, a company based in Encino, California (800-758-8746). We have a commercial relationship with this company and help to promote this product. MigreLief offers high quality ingredients, the convenience of not having to take a large number of pills (you need 2 tablets of MigreLief daily) and moderate cost. MigreLief is available at Duane-Reade ([www.duanereade.com](http://www.duanereade.com)) and some other independent pharmacies. If you wish to try individual ingredients separately you should take 300-500 mg of magnesium (magnesium oxide or chelated preferred), 400 mg of riboflavin and 100 mg of feverfew. Feverfew often can be of poor quality with low parthenolide content. Stick with well-known American brands or European manufacturers. Other herbal remedies that may help include ginger (root) and peppermint (tea and essential oil applied to forehead).