

Table 10. Supplements for Chronic Migraine

Supplement	Dosage	Uses	Comment
Riboflavin (vitamin B2)	50-400 mg/d	Prevention	Occasionally helpful, but very mild effect. Higher dose found more effective in reducing number of headaches.
Magnesium	200-700 mg/d	Prevention	Magnesium (usually magnesium oxide or citrate) is available in capsule or powder forms. Safe for pregnant women. Not as effective as Petadolex, but occasionally helpful.
Coenzyme Q10 (CoQ10)	300-500 mg/d	Prevention	CoQ10 is primarily used to offset side effects of statins, occasionally helpful for migraine. No solid controlled trial data proving efficacy.
Fish oil (omega-3 fatty acids)	6,000 mg/d	Adjunctive therapy	May represent beneficial adjunctive therapy, but its efficacy as a preventive agent for chronic migraine has not been proven.
Medicinal Herbs and Teas			
Botanical Name (Common Name)	Dosage	Uses	Comment
Aromatherapy: lavender/peppermint, and others	Unknown	Symptomatic treatment	Lavender oil (as well as peppermint, and others) applied topically may help reduce sympathetic outflow, reducing pulse and blood pressure, while having a calming effect; aromatherapy is safe and occasionally helpful.
MigreLief (magnesium, riboflavin, and feverfew)	2 capsule/d	Migraine prevention	Reliable formulation. MigreLief is available online at MigreLief.com.
Petasites Petadolex (Butterbur)	100-150 mg/d	Treatment	Petadolex is the branded, better form of butterbur (Petadolex limits the molecule that is worrisome in butterbur); of the natural supplements, it has the most solid evidence for efficacy. Petadolex (Butterbur) is available online at Petadolex.com or Amazon.com.
Salix alba (white willow bark)	600 mg	Adjunctive therapy	Used for decades, but no true evidence of efficacy.
Tanacetum parthenium (Feverfew)	50-143 mg/d	Treatment/prevention	Feverfew is well tolerated, but efficacy is very limited.