

# Abstract

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## Efficacy of coenzyme Q10 in migraine prophylaxis: a randomized controlled trial.

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**BACKGROUND:** Riboflavin, which improves energy metabolism similarly to coenzyme Q10 (CoQ10), is effective in migraine prophylaxis.

**METHODS:** We compared CoQ10 (3 x 100 mg/day) and placebo in 42 migraine patients in a double-blind, randomized, placebo-controlled trial.

**RESULTS:** CoQ10 was superior to placebo for attack-frequency, headache-days and days-with-nausea in the third treatment month and well tolerated; 50%-responder-rate for attack frequency was 14.4% for placebo and 47.6% for CoQ10 (number-needed-to-treat: 3).

**CONCLUSION:** CoQ10 is efficacious and well tolerated.

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