

Abstract

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High-dose riboflavin treatment is efficacious in migraine prophylaxis: an open study in a tertiary care centre.

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OBJECTIVE: The aim of this study was to investigate the efficacy of riboflavin for the prevention of migraine.

METHODS: An open label study was performed in a specialized outpatient clinic. Patients received 400 mg riboflavin capsules per day. Headache frequency, duration, intensity and the use of abortive drugs were recorded at baseline and 3 and 6 months after treatment.

RESULTS: Headache frequency was significantly reduced from 4 days/month at baseline to 2 days/month after 3 and 6 months ($P < 0.05$). The use of abortive drugs decreased from 7 units/month to 4.5 units/month after 3 and 6 months of treatment ($P < 0.05$). In contrast, headache hours and headache intensity did not change significantly. We could demonstrate a significant reduction of headache frequency following riboflavin treatment. In addition, the number of abortive anti-migraine tablets was reduced.

CONCLUSION: In line with previous studies our findings show that riboflavin is a safe and well-tolerated alternative in migraine prophylaxis.

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