CoQ10
Aids mitochondrial metabolism; May prevent migraines.

Vitamin B3
Dilates blood vessels; Increases serotonin.

Carnitine
Implicated in migraine pathophysiology due to its role in mitochondrial energy metabolism.

Lipoic Acid
Enhances mitochondrial energy metabolism.

Vitamin B2
Effective for migraine prevention, aids mitochondrial energy metabolism.

Vitamin D & Calcium
Small trials show benefit with combined supplementation.

Glutathione
Low levels of glutathione peroxidase implicated in migraine etiology.

Vitamin B12
Scavenges nitric oxide, which is implicated in migraine pathogenesis.

Vitamin C
Newly discovered role in neural tissue may explain its clinical benefit in a double blind trial on headache frequency.

Magnesium
Efficacious for migraine prevention in several trials; Magnesium deficiency can cause arterial spasm and its role in neurotransmission may explain the migraine-magnesium depletion link.

Folate
MTHFR gene linked to migraines. This gene raises folate requirements.


For additional references, go to http://www.spectracell.com/online-library-