

## MigreLief

We may recommend MigreLief for certain kinds of headaches. It is a proprietary blend of 3 supplements (see list below) that has had some evidence in reducing headache intensity (particularly Migraine-type headaches) and frequency when taken twice daily for 60-90 days. If desired, you could consider trying this supplement or taking the individual components (or even just the Magnesium and Riboflavin) 1 pill twice daily.

### MIGRELIEF BLEND

- Magnesium (citrate and oxide) 360mg/ dose
- Riboflavin (Vitamin B2) 400mg/ dose
- Feverfew (proprietary extract + whole leaf) 100mg/ dose

### WHERE TO BUY MIGRELIEF

MigreLief (or its individual components) can usually be found at natural supplement stores or even some retail pharmacies. They are available over the counter and do not require a prescription.

#### **Online**

- MigreLief website: <http://www.migreLief.com/>
- Amazon

#### **In Stores**

- Natural Grocers
- Sprouts
- Whole Foods
- If you ask your local pharmacist for MigreLief, they can usually have it in stock within 1-3 days.

