

Provider's Name: _____

Pin#: NDS-10376

Protocol for Headache Relief

Headaches can be caused by various factors. Be sure to consult with your practitioner to determine the root cause of your headaches.

The following nutrients can assist with chronic or acute headaches:

- **Migra Eze**- Life Extension (LEF-00709)/60 Softgels
Dosage: 1 Softgel BID
 Use daily for migraine prevention. Contains B6, Butterbur extract and ginger. Butterbur has research showing it reduces smooth muscle spasms and helps relax the constriction of cerebral blood vessels. Ginger is a natural anti-inflammatory.
- **Magnesium Glycinate (100 mg)**- Klaire Labs (KLA-V827-10)/100 Veg Caps
Dosage: To bowel tolerance
 Start with one capsule twice per day (or if using liquid, one serving twice per day), and increase dosage by one capsule per day, until magnesium causes a laxative effect. Subtract one capsule to determine your individual daily dosage. If you do not want to take Magnesium tablets, then consider Liquid Magnesium
Liquid Magnesium (400 mg) – Trace Minerals Research (TRM-IOM01)/2 Fl. Oz.
 Adequate magnesium is necessary for proper muscle functioning. Magnesium deficiency promotes excessive muscle tension. *1
- **Vitamin D3 (2,000 IU)**- Metabolic Maintenance (MMP-00664)/120 Caps
Dosage 2000-4000 IU daily, depending on D3 levels
 New research on vitamin D has revealed that it has an anti-inflammatory effect and that a high percentage of Americans are deficient in this key nutrient. *2
- **B Complete 50- Vitamin B Complex**- Carlson (CAL-2021)/100 Tabs
Dosage: 1 per day
 Research shows that B vitamins may reduce the frequency and intensity of headaches.
- **DIM Complex**- Metabolic Maintenance (MMP-000612)/60 Caps
Dosage: 2 caps daily
 If headache is related to hormone imbalance in PMS symptoms, try DIM Complex to help metabolize and balance hormones. Safe with oral contraceptives and other hormone therapies.
- **Black Cohosh**- Gaia Herbs (GAI-90P33060)/60 Softgels
Dosage: 2 caps daily
 If menopause-related headaches, add black cohosh, a phytoestrogen, which can bind to estrogen receptors and provide a gentle estrogen effect. *3

*1 Potential drug interactions with magnesium: Magnesium inhibits calcium entry into smooth muscle cells and may therefore have additive effects with calcium channel blockers.

cause hypercalcemia. Thiazide diuretics decrease urinary calcium excretion, which could lead to hypercalcemia if vitamin D supplements are taken concurrently.

*2 Potential drug interactions with vitamin D3: Calcipotriene is a vitamin D analog used topically for psoriasis, and supplementing with vitamin D could

*3 Do not give to people with breast cancer. Do not need to check Liver Enzymes.

We have some items available for purchase in the office; if ordering online a shipping fee will apply.

Supplements are offered to our patients with the understanding that they are part of an uncovered treatment plan. All supplements will be sold to the individual patient; we will not submit to any insurance.