

m i g r a m e n d .

Recommended by top pain doctors
to provide nutritional support for migraine sufferers.

migramend.com

treating migraines

Migraines are disabling headaches that usually result in severe pain associated with nausea and sensitivity to light and sound. This disorder affects 30 million Americans, however, less than 10% of those are treated with preventive regimens. When prescription medications are used for treatment, they generally have an array of side effects, such as weight gain, sedation, mood changes, memory impairment, and effects on the heart.

enter migramend

Sometimes the simplest solution is often the most effective. With Migramend, patients can add another tool to the box in their fight against chronic migraine headaches. A tool that is safe, inexpensive, effective, and as simple as taking a daily vitamin.

the migramend advantage

- 1.** Developed by top pain and headache specialists from elite universities with over 45 years of combined experience
- 2.** Our core ingredients are recommended by physicians all over the country
- 3.** We use only the highest quality, all-natural ingredients which are manufactured in a state-of-the-art FDA-certified facility here in the U.S.
- 4.** Avoid side effects and improve results with our special time-release, easy-to-swallow tablet
- 5.** The most comprehensive migraine supplement on the market



how migramend works

Migramend contains the most comprehensive combination of natural ingredients proven to help prevent migraine headaches. Each natural component of Migramend serves an important role in reducing the daily inflammation associated with migraine headaches. For maximum benefit, Migramend should be taken daily to prevent migraine headaches before they begin.

efficacy

Each all-natural ingredient that is in Migramend has been studied extensively. Migramend combines the safest and most effective ingredients at the appropriate dosages into a daily preventive supplement. There are extensive scientific publications supporting the use of feverfew, magnesium, and riboflavin and these are strongly recommended by the American Academy of Neurology as nutritional supplements to help prevent migraine headaches before they begin.

current literature

There is an abundance of medical research supporting the use of the individual supplements contained in Migramend:

Schoenen J, Lenaerts M, Bastings E. High dose riboflavin as a prophylactic treatment of migraine: results of an open pilot study. *Cephalalgia*. 1994;14:328–329

Sun-Edelstein C, Mauskop MD. Food and Supplements in the Management of Migraine Headaches. *Clin J Pain* 2009; 25: 446-452

D’Andrea G, Bussone G, Allais G, Aguggia M, D’Onofrio F, Maggio M, Moschiano F, Saracco MG, Terzi MG, Petretta V, Benedetto C Efficacy of Ginkgolide B in the prophylaxis of migraine with aura. 2009; *Neurol Sci* 30 (Suppl 1):S121–S124

Mauskop A, Altura BM. Role of magnesium in the pathogenesis and treatment of migraines. *Clin Neurosci*. 1998; 5:24-27

Schoenen J, Jacquy J, Lanaerts M. Effectiveness of high-dose riboflavin in migraine prophylaxis. *Neurology*. 1998; 50: 466–470

Pfaffenrath V, Diener HC, Fischer M, Friede M, Heinicke-vonZepelin, HH on behalf of the Investigators. The efficacy and safety of Tenacetum parthenium (feverfew) in migraine prophylaxis: a doubleblind, multicentre, randomized placebo-controlled dose-response study. *Cephalalgia*. 2002;22:523-53

dosing

One extended-release tablet contains the following ingredients:

Feverfew extract	50 mg
Magnesium Sulfate	150 mg
Riboflavin	100 mg
Alpha Lipoic Acid	150 mg
Ginger extract	50 mg

safety & tolerability

This product contains all-natural ingredients and is a small, easily ingested pill. Side effects are extremely rare, although if adverse events (diarrhea, constipation, nausea, vomiting, etc.) occur, please contact us at info@migramend.com.

For more information, visit migramend.com.

getting started with migramend

- Take two tablets of Migramend every day with your breakfast meal.
- For maximal benefit, take Migramend every day. Results are generally seen in about 4 to 8 weeks.
- If you miss a dose, take it as soon as you remember with food. If it is almost time for your next dose, skip the missed dose and take the next dose at your regular time.
- Migramend does not replace your current headache medication regimen. Contact your physician before deciding to make a change to your prescription medications.
- Take Migramend capsules whole. Do not break or crush capsules.
- If you take too much Migramend, call your doctor or poison control center, or go to the nearest emergency department right away.
- Migramend should not be consumed by women who are nursing or pregnant, or children under the age of 18.



The end of painful, debilitating
migraines, period •