

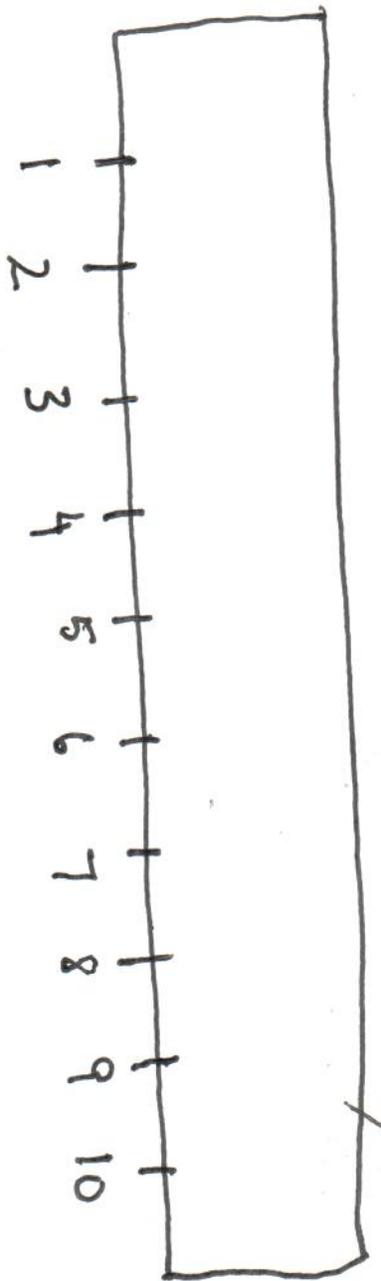
Question: Does taking magnesium 500mg daily reduce the intensity and frequency of my migraine headaches?

Answer: ~~YES~~

YES

Amount Saved: \$120 doctor visit

Confidence Scale



Color coded
 Red 1-3
 Yellow 4-6
 Green 7-10

Mellend Medsage

This one recommendation alone will help countless migraine sufferers everywhere. Start 500mg daily for adults and 250mg daily for children

References:

Peikert, A. ~~Whitman~~ et al. Prophylaxes of migraine with oral magnesium: results from a prospective, multicenter placebo controlled and double-blind randomized study. Cephalgia. 1996; 16:257-263