

MigranEx

The natural supplement to help reduce migraine episodes by 50-77%

Migraine headaches affect 1 in 19 adults, of which 75% are women. Migraines also occur in an estimated 3% to 7% of children. Migraines are most often described as one-sided, severe, pulsating headache pain that lasts from 4 to 72 hours. Other symptoms that occur during a migraine attack often include nausea, vomiting and extreme sensitivity to light and noise. Unfortunately, many drugs used to prevent and treat migraines can produce significant side effects, and thus, many migraine sufferers seek help from more natural, non-toxic solutions, such as chiropractic care, acupuncture, dietary modifications, and nutritional supplements.

In recent years human clinical trials have shown that supplementation with specific dosages of the herbs butterbur and feverfew can reduce the frequency of migraine attacks by at least 50%, for migraine sufferers.

Butterbur root is a herb that contains active constituents pentasin and isopetasin that block key steps in the production of migraine headaches. These active constituents inhibit the synthesis of inflammatory chemicals such as leukotrienes and prostaglandin E2, which can trigger migraines. Butterbur extract also appears to act as a natural beta blocker, stabilizing normal flow of blood to the brain. This action helps control blood pressure and prevents spasm of blood vessels, which are also key processes in preventing the onset and progression of migraines.

Feverfew, a member of the sunflower family, has been used for centuries in European folk medicine as a remedy for headaches and other conditions. The migraine-relieving activity of feverfew is believed to be due to parthenolide, an active compound that helps relieve smooth muscle spasms. In particular, it helps to prevent the constriction of blood vessels in the brain (one of the leading causes of migraine headaches). Like butterbur, parthenolide also inhibits the production of compounds that cause inflammation of blood vessels. Feverfew inhibits excessive aggregating of clotting cells (platelets), which also normalizes blood flow and reduces migraine frequency and severity.

MigranEx contains both butterbur root and feverfew, at the dosages and standardized grades proven to reduce the frequency and severity of migraine attacks. MigranEx should be included in an evidence-based approach to migraine prevention, in conjunction with chiropractic adjustments, soft tissue techniques, acupuncture, stress reduction programs, acupuncture, eliminating foods from the diet that act as triggers, and other natural treatments shown to be useful in migraine control.



Instructions for Use:

Adults: take one capsule twice per day for migraine prevention. At the first sign of a migraine consider taking 3-4 capsules as a single dose to help abort or minimize the attack.

Children and teenagers (10 years and older): take one capsule, or one-half a capsule, per day for migraine prevention.

Clinical Applications:

Migraine Prevention
Migraine Relief at outset of attack

Active Ingredients

Butterbur Root (std 15% sesquiterpenes as petasines)	150 mg
Feverfew Leaf	500 mg

Amounts for 2 vegetable capsules, 60 per bottle

Contraindications & Considerations

Anti-coagulants or non steroidal anti-inflammatory medications¹
Pregnancy, Breast Feeding, Lactation²
Kidney Failure (renal failure)²
Received a transplant of any kind²
If kidney has been removed²
Kidney clearance problem (e.g., a dialysis patient)²
Children under 6 years of age should not take this supplement

¹ Monitor patient INR or prothrombin time to guard against a bleeding disorder (feverfew concern)

² Requires approval from specialist/physician