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Migra-Well am

Clean, High-Quality, Research-backed ingredients

Day time nutrient, energy and neurological support



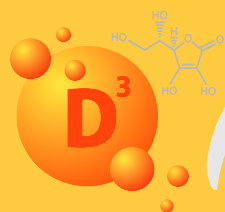
Magnesium

High potency DiMagnesium Malate by Albion promotes energy by supporting ATP production and mitochondrial function.



Riboflavin & B Vitamins

Innovative energy-supporting versions of B12 and methylated Folate.^{6,7,8,9}



Vitamin D3

Research supported dosage of vitamin D3 for migraine frequency and reduction.^{10, 11}

*Come home to relief...*TM



Key Antioxidants for Mitochondrial Support

Coenzyme Q10 and Alpha Lipoic Acid are key nutrients often low in people with migraine. Supplementation may help reduce migraine frequency and intensity.^{1,2,3,4,5}



Omega Fatty Acids

Omega-3 from AvailOm has 5x the bioavailability of standard Omega-3. Improving Omega balance is shown to improve migraine symptoms and the need for medication.^{12,13,14}



Produced fresh at NSF certified cGMP facility in the United States

| Supplement Facts | | |
|---|--------------------|--------|
| Serving Size 2 Capsules Servings Per Container 30 | | |
| | Amount Per Serving | %DV |
| Vitamin D (as Cholecalciferol) | 50 mcg (2000 IU) | 250% |
| Riboflavin (as Riboflavin 5 Phosphate) | 100 mg | 7692% |
| Vitamin B6 (as Pyridoxal 5 Phosphate) | 5 mg | 294% |
| Folate (1 mg as 5-methyltetrahydrofolate, calcium salt) | 1700 mcg DFE | 425% |
| Vitamin B12 (as Methylcobalamin, Adenosylcobalamin, Hydroxocobalamin) | 600 mcg | 25000% |
| Magnesium (from 500 mg Albion DiMagnesium Malate) | 100 mg | 24% |
| Alpha Lipoic Acid | 100 mg | † |
| Benfotiamine | 25 mg | † |
| CoQ10 (Ubiquinone) | 100 mg | † |
| Omega-3 EPA/DHA (AvailOm® High EPA) | 150 mg | † |
| † Daily Value (DV) not established | | |
| Other ingredients: Micro Crystalline Cellulose (USP), Vegetable Capsule (cellulose, purified water). No artificial colors, artificial flavors, milk or milk derivatives or sodium added. | | |



Formulated by:

Robert Bonakdar, MD FAAFP, FACN, ABOIM
Certified Headache Specialist
Director of Pain Management
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Migra-WellTM pm

Clean, High-Quality, Research-backed ingredients.

Night time, GI-friendly migraine nutrient and sleep support



Magnesium

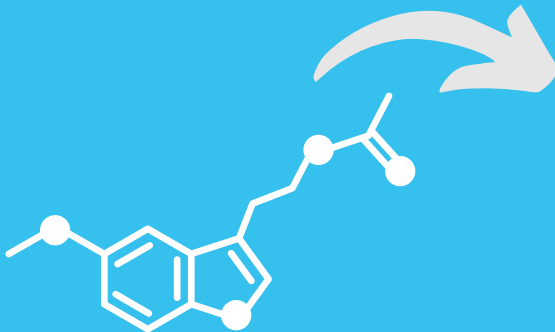
Magnesium Bisglycinate has been shown to promote muscle relaxation and is free of GI side effects.^{17, 18}

*Come home to relief...*TM



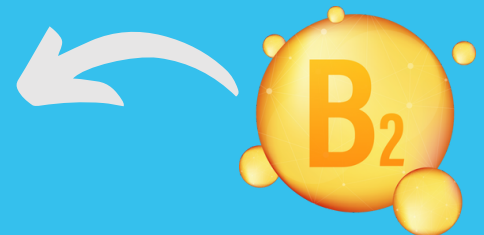
Zinc

Depleted Zinc levels are common among migraine sufferers. Research suggests Zinc Carnosine concurrently fills the nutrient gap and supports GI health.^{22, 23, 24, 25, 26, 27, 28}



Melatonin

Research shows replenishing depleted melatonin levels improves sleep quality and may prevent migraine onset due to its powerful anti-inflammatory and antioxidant properties. Melatonin 3 mg is as effective as amitriptyline in reducing migraine frequency, intensity, and duration, as well as reducing analgesic use.^{19, 20, 21}



Riboflavin

Riboflavin supplementation supports mitochondrial energy production and improves sleep quality.²⁹



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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

| | Amount Per Serving | %DV |
|---|-----------------------|-------|
| Riboflavin (as Riboflavin 5 Phosphate) | 100 mg | 7692% |
| Magnesium (as Albion® Magnesium Bisglycinate) | 250 mg | 60% |
| Zinc (as Zinc Carnosine) | 15.75 mg | 143% |
| Zinc Carnosine | 75 mg | † |
| Melatonin | 3 mg | † |

† Daily Value (DV) not established

Other ingredients: Micro Crystalline Cellulose (USP), Vegetable Capsule (cellulose, purified water).
No artificial colors, artificial flavors, milk or milk derivatives or sodium added.

These statements and products have not been evaluated by the U.S. Food and Drug Administration



Formulated by:

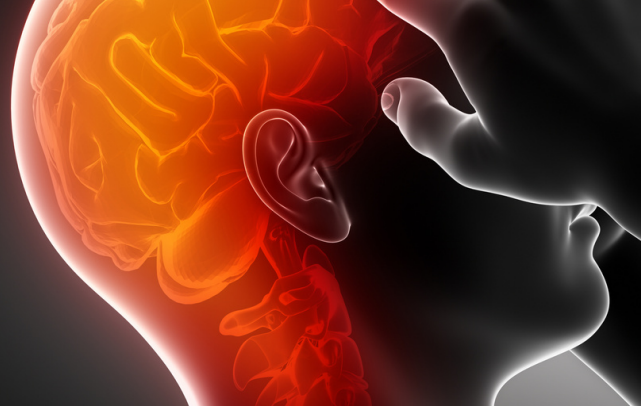
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Inflammation and GI Support for migraine headaches



*Come home to relief...*TM



Ginger

Many migraine patients also suffer from inflammation, pain, nausea, and GI disorders. In migraine research, the ginger extract formula used here has been shown to improve the onset of pain relief as well as reduce GI symptoms.^{30, 31, 32, 33}



Boswellin

Boswellia Serrata extract contains high levels of AKBA, a compound linked to improved neurological conditions, including migraine and memory.^{37, 38, 39, 40, 41, 42}



Turmeric

Longvida Optimized Curcumin is a highly potent and clinically-supported extract that reduces inflammation and improves blood flow to the brain.^{34, 35, 36}



Oligomeric Proanthocyanidins (OPCs)

Grape seed and pine bark extract are highly potent and naturally-occurring bioflavonoid compounds with migraine-inhibiting antioxidants.^{43, 44, 45, 46}



Produced fresh at NSF certified cGMP facility in the United States

| Supplement Facts | | |
|--|--------------------|-----|
| Serving Size 2 Capsules Servings Per Container 30 | | |
| | Amount Per Serving | %DV |
| Longvida® Optimized Curcumin Extract (from Curcuma longa (Turmeric) Root) (Rhizome) (min 20% Curcuminoids) | 300 mg | † |
| Ginger Rhizome Extract (5% Gingerols) | 400 mg | † |
| Boswellin® HBD (Boswellia Serrata Extract) | 300 mg | † |
| OPC* Bioflavonoid Blend | 225 mg | † |
| Grape Seed Extract (95% Proanthocyanidins), Pine Bark Extract (Pinus pinaster). | | |
| † Daily Value (DV) not established | | |
| Other ingredients: Vegetable Capsule (cellulose, purified water). | | |
| No artificial colors, artificial flavors, milk or milk derivatives, or sodium added. | | |

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