

Supplements for Concussion and Migraine Related Headaches

- **Magnesium Glycinate**

Ages 4-8: 100 mg per day. Ages 9-13: 400-600 mg per day. Ages 14-18: 600-1000 mg per day
Magnesium decreases brain inflammation, helps repair damaged cells and nerve connections. Research indicates that it may also decrease headache frequency and severity.

- **B Complex Multivitamin** (See product details for dosing recommendations.)

B vitamins help with cognitive function, mood and behavior. They also help prevent headaches and boost overall energy level.

- **CoEnzyme Q-10** 150–300mg/day

CoEnzyme Q-10 helps to protect cells and aid in cellular metabolism.

- **Vitamin D3** 1000-2000 IU daily

Vitamin D is important for neuromuscular and immune function and the reduction of inflammation. (It is also important for bone health.)

- **Omega 3s** 1000mg daily

Omega 3 Fatty acids (ALA, DHA and EPA) are neuroprotective, anti-inflammatory, and promote brain cell development.

- **Butterbur** 50-150 mg daily based on age

Butterbur is a natural supplement that may help to reduce headaches. Butterbur is a shrub that grows in Europe, Asia and North America. The name comes from the traditional use of its large leaves to wrap butter in warm weather. The American Academy of Neurology and American Headache Society have endorsed the use of processed butterbur root extract to reduce the frequency of migraines. Caution should be taken to avoid consumption of the raw unprocessed plant which can contain chemicals called pyrrolizidine alkaloids (PAs) that are harmful to the liver. Therefore, only butterbur products that have been processed to remove PAs and are labeled as PA-free should be used.

- **Melatonin** 0.5 – 10mg at bedtime

Melatonin is a naturally occurring hormone that helps with sleep. Sleep is important for brain recovery from a concussion.