



# MIGRAINES Adult & Pediatric

## Nutritional Migraine Supplements

**No Aspirin, Acetaminophen, Ibuprofen, Naproxen, Caffeine, or Butterbur**

- Nonprescription - dietary supplement
- No harmful side-effects associated with chronic use of NSAIDs & analgesics
- May combine with all migraine Rx
- Does not cause medication overuse headaches
- No gluten, dairy, wheat, nuts, or artificial colors

### 3 “Daily Maintenance” Formulas

### “As Needed” Formula



**\*MigreLief Original**  
Age 12 - Adult

- Daily maintenance for adults chronic migraines
- Magnesium (360 mg/day)  
Riboflavin/B-2 (400 mg/day)  
Puracol™ Feverfew (100mg/day)
- 60 caplets = 30 days



**\*Children's MigreLief**  
Age 2 - 11

- Daily maintenance for children's chronic migraines
- Magnesium (180 mg/day)  
Riboflavin/B-2 (200 mg/day)  
Puracol™ Feverfew (50mg/day)
- 60 caplets = 30 days



**\*MigreLief +M**  
Menstrual Migraines

- Daily maintenance for hormonal migraines
- Magnesium, Riboflavin,  
Feverfew PLUS Chasteberry  
Extract, L-Theanine, D-Biotin,  
B-6, Chromium Picolinate
- 60 caplets = 30 days



**MigreLief-NOW**  
Age 2 - Adult

- Fast-acting rescue formula taken “as needed” for migraines & headaches, daily for joint health.
- Cerevasc™ Ginger, Aflapin Boswellia  
Puracol™ Feverfew, Magnesium
- 60 capsules

\* **Triple Therapy Ingredients:** Magnesium, Riboflavin (B-2) and Feverfew are listed in the American Academy of Neurology's Guidelines for Migraine Prevention.

**Recommended Usage:** Take one caplet with food twice a day for the next 90 days. If the intensity, frequency and duration of your migraines decreases, continue using on a daily basis.

**Recommended Usage:** Take 2-4 capsules with food at the first sign of discomfort. In two hours take 2 more if needed. Children's dose is ½ the adults doses.

**Note:** For additional “daily” nutritional support, add 2 “NOW” capsules to the a.m. dose of any MigreLief daily maintenance formula.

**WHERE TO BUY:**  
Online at [MigreLief.com](http://MigreLief.com)  
or other online stores.  
**1-800-758-8746**

**Store Locator:** [MigreLief.US](http://MigreLief.US)  
Type in your zip code to find the nearest independent pharmacy or store carrying MigreLief supplements.

If your **independent pharmacist** does not stock MigreLief, they can order it from their pharmaceutical distributor and have it in 24hours.