

CoQ10 can help prevent migraine headaches by breaking the cycle of inflammation and neural over-sensitization that contributes to their development.

CoQ10 blocks pain transmission by reducing levels of the pain-mediating compound **CGRP**.

A **2018** study showed that CoQ10 reduces headache pain, frequency, and duration.

Migraine sufferers now have another safe, scientific, and affordable option for preventing and treating their pain.

CoQ10's ability to **lower CGRP** levels is an important discovery for migraine sufferers because it reveals a potent new way to prevent and treat the condition.

Doses of **150-400 mg** daily of CoQ10 have been shown to effectively lower CGRP and prevent migraines.

Migraines usually produce severe pain that can be difficult to prevent and treat with standard medications.

Migraine medications don't always work, don't work in all patients, and can have side effects.

In a **2018** published study, **coenzyme Q10 (CoQ10)** was shown to significantly *reduce* the frequency, severity, and duration of migraine headaches.<sup>1</sup>

This study showed that CoQ10 works by lowering levels of a **peptide** in the brain that is associated with pain and inflammation.

<sup>1</sup> It is called *calcitonin gene-related peptide* (CGRP).

Pharmaceutical companies are in the process of developing drugs

that work by blocking this peptide. **CoQ10** functions to block

CGRP, and is available right now. Intrigued by reports that

**migraine headaches** and **inflammation** are correlated,<sup>2,3</sup> and by

studies showing that CoQ10 has certain **anti-inflammatory**

properties,<sup>4,5</sup> researchers began to dig deeper to see if CoQ10

was a possible treatment option for migraines.

About one-third of migraine subjects have a deficiency in CoQ10.

And restoring CoQ10 levels to the **normal range** reduces

headache frequency and disability.<sup>6</sup>

Human studies have shown that CoQ10 (at doses of **150-300 mg** daily) can help migraine sufferers by:<sup>7-9</sup>

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- Preventing migraine occurrence.
- Reducing **number of days** with migraine headache by more than **50%**.
- Reducing monthly **frequency** of headaches by more than **50%**.
- Being effective without any side effects.

The evidence favoring CoQ10's effectiveness and safety is so compelling that, as of 2015, the **Canadian Headache Society** included CoQ10 in its list of compounds receiving a strong recommendation for **migraine prevention**.<sup>10</sup>

More recently, a study released in **2018** confirmed CoQ10's role as a treatment for migraine headaches, and it also revealed important information about *how* it produces such impressive results.

At the end of the study showing that CoQ10 has pain-reducing benefits, it was found that the CoQ10-supplemented subjects had lower blood levels of two underlying compounds related to migraines.

One was **TNF-alpha**, a well-known marker of **inflammation**.<sup>1</sup> This indicates that one way CoQ10 combats migraines is by reducing inflammation. This makes sense, considering that

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The second compound lowered by CoQ10 is ***calcitonin gene-related peptide*** (CGRP). CGRP is produced in nerve cells, and is now recognized as a key ***mediator*** of pain signals.<sup>1,11,12</sup>

**CGRP** appears to be intimately connected to migraine headaches and CoQ10 lowers it, along with **TNF-alpha**.

A previous study showed that people who suffer from *occasional* migraines have elevated levels of CGRP in the blood and those with *chronic* migraines have still higher **CGRP** levels.

At present, it seems that migraines involve at least two factors:

- ***Over-sensitization*** of the brain to otherwise normal stimuli, and
- An ***inflammatory response*** generated within and around the brain itself.<sup>12</sup>

**CGRP** is released when the sensory nerve endings in the nerves and blood vessels that serve the face are stimulated. Once released, CGRP causes the blood vessels to dilate, including those in the highly pain-sensitive outer membrane covering the brain.

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Like other signaling molecules, CGRP binds to specific receptors in target tissues like blood vessels, which sets off the pain perception cascade.<sup>15</sup>

CGRP is so powerful that, injected intravenously, it provokes migraine attacks in **65%** of people with known migraines.