

## **Nutraceuticals are safe and effective as migraine treatments**

### **D. D. Mitsikostas**

*Associate Professor of Neurology*

*National & Kapodistrian University of Athens, Athens, Greece*

Nutraceuticals became sexy in medicine. Several agents including riboflavin, coenzyme Q10, magnesium, butterbur, petasites, feverfew, omega-3 polyunsaturated fatty acids, folic acid have been tested for prevention of primary headache disorders, migraine in particular. Notably, several neurological societies recommend their use in varying degrees of detail (e.g. the American Academy of Neurology and American Headache Society, the Canadian Headache Society, and the European Federation of Neurological Societies). Whether the scientific documentation is good or not remains debatable, however. None of nutraceuticals got the A degree or class I scientific documentation resulting in lower level recommendation, but their use is expanding dramatically in real life as long people suffering from headaches prefer them because of pharmacophobia and nocebo behaviors mainly. The lack of specific and mechanism based drugs for the prevention of primary headaches support these fears. Because nutraceuticals does not require prescription, many patients rely on their own judgment as to when and which one to take, often without consultation or guidance from their physician. Thus, nutraceuticals turn out to be a significant alternative choice for prevention of primary headaches and headache specialists should provide accurate and unbiased information for their potential efficacy and safety.