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# HeadacheFree™

About HeadacheFree

HeadacheFree Developer  
HeadacheFree Food-Based Advantage  
HeadacheFree Ingredients

## HeadacheFree Dietary Supplement

Organic compounds like riboflavin (vitamin B2) and magnesium have been scientifically proven to help prevent headache pain. HeadacheFree is a dietary supplement that combines 400 mg of riboflavin and 400 mg of magnesium with a complete multivitamin.

Developed by leading neurologist Gary A. L'Europa, M.D., in collaboration with a vitamin supplement manufacturer, HeadacheFree is a convenient, drug-free alternative for preventing and managing headaches. Typically, vitamin supplement therapy can require patients to take up to 15 pills a day to equal the effective dosage. HeadacheFree delivers headache prevention and a complete multivitamin in 2 manageable tablets.

**Directions:** As a dietary supplement, take two tablets

### HeadacheFree Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per 2 Tablets		% Daily
Vitamin A (60% acetate, 40% beta carotene)	5000 IU	100
Vitamin C (as calcium ascorbate)	60 mg	100
Vitamin D (as cholecalciferol)	400 IU	100
Vitamin E (as dl-alpha acetate)	30 IU	100
Vitamin K (as phytonadione)	25 mcg	31
Vitamin B-1 (as thiamine HCl)	1.5 mg	100
<b>Vitamin B-2 (as riboflavin)</b>	400 mg	23529
Niacin (as niacinamide)	20 mg	100
Vitamin B-6 (as pyridoxine HCl)	2 mg	100
Folate (as folic acid)	400 mcg	100
Vitamin B-12 (as cyanocobalamin)	6 mcg	100
Biotin	30 mcg	10
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100
Calcium (as phosphate / ascorbate / sulfate)	162 mg	16
Iron (as ferrous fumerate)	18 mg	100
Phosphorus (as calcium phosphate)	109 mg	11
Iodine (as potassium)	150 mcg	100
<b>Magnesium (as oxide / sulfate)</b>	400 mg	100
Zinc (as oxide)	15 mg	100
Selenium (as sodium selenite)	20 mcg	29
Copper (as sulfate)	2 mg	100

Manganese (as sulfate)	2 mg	100
Chromium (as chloride)	120 mcg	100
Molybdenum (as sodium molybdate)	75 mcg	100
Chloride (as potassium)	72 mg	2
Potassium (as chloride)	80 mg	2
Silicon (as silica)	2 mg	*
Lutein	250 mcg	*
Boron (as citrate)	150 mcg	*
Tin (as stannous chloride)	10 mcg	*
Vanadium (as vanadyl sulfate)	10 mcg	*
Nickel (as sulfate)	5 mcg	*

\* Daily Value is not established.

Other ingredients: Molasses, lecithin extracts, methyl cellulose, garlic, para amino benzoic acid, beet root fiber, rice bran extract, alpha lipoic acid, croscarmellose sodium, magnesium stearate.

**Riboflavin** is a coenzyme involved in the energy-producing mitochondrial electron-transport chain. Some evidence indicates that impaired mitochondria oxygen metabolism in the brain may play a role in the pathology of chronic severe headache. A reduction in energy production in mitochondria has been shown to occur in chronic severe headache patients. Riboflavin works to enhance mitochondrial energy production, which has been shown to promote reduced headache frequency and severity.

**Magnesium** plays a key role in regulating both blood vessel size and the rate at which cells burn energy. It also affects a variety of headache-related receptors and neurotransmitters including serotonin receptors, nitric oxide synthesis and release and NMDA receptors. Evidence suggests that up to 50% of chronic severe headache patients experience decreased levels of ionized magnesium during an acute attack. Infusion of magnesium results in a rapid and sustained relief of acute headache pain in these patients. Several studies suggest that chronic oral magnesium supplementation may also reduce the frequency of headaches.

