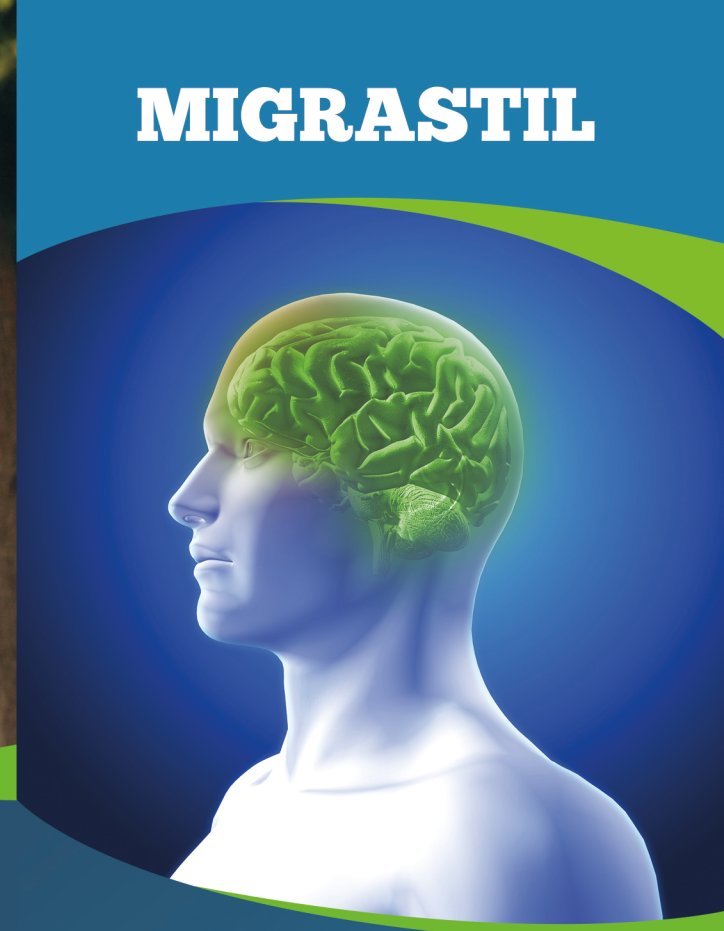




Common Migraine Triggers

Just about anything can be a trigger, but there are some common triggers including:

- **Alcohol** (especially red wine)
- **Monosodium glutamate (MSG)**
- **Tannins**
(found in foods like tea and smoked foods)
- **Tyramine**
(found in foods like deli meats and aged cheeses)
- **Artificial sweeteners**
- **Cigarette smoke**
- **Hormonal changes in women**
- **Change in routine, especially sleep routine**
- **Stress**
- **Weather changes**
- **Dehydration**
- **Eyestrain**
- **Excessive noise**
- **Bright or flickering lights**
- **Heat**



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