



Comprehensive Migraine Nutrients & Botanicals

MD Formulated ✦ Research Backed ✦ High Bioavailability



Migra-Well am | Energizing Migraine Multivitamin

- ✓ Hi potency **DiMagnesium Malate** by **Albion** ^{11, 12, 17}
- ✓ **CoQ10, Alpha-Lipoic Acid** for mitochondrial support ^{1, 2, 3, 4}
- ✓ Highly absorbable **Vitamin B2 (Riboflavin)** ^{5, 23, 29}
- ✓ **Methylated B12, Folate, Benfotiamine (B1)** ^{6, 7, 8}
- ✓ **Vitamins: D3, C, and E** combats oxidative stress ^{9, 10, 46}
- ✓ **Zinc** to help reduce oxidative stress ^{16, 17, 18, 19, 20, 21, 22}



Migra-Well pm | Nutrient Rich Sleep Aid

- ✓ Relaxing **Magnesium Bisglycinate** by **Albion** ^{11, 12, 17}
- ✓ **Melatonin** for amitriptyline level efficacy ^{13, 14, 15}
- ✓ GI friendly **Zinc Carnosine** ^{16, 17, 18, 19, 20, 21, 22, 26, 27, 28}
- ✓ **Riboflavin** for sleep and mitochondrial energy ^{5, 23, 29}



Migra-QWell | Gut-Brain Botanical

- ✓ GI friendly **Ginger** for acute pain relief ^{24, 25, 30, 31, 32, 33}
- ✓ Highly Potent **Longvida Optimized Curcumin** ^{34, 35, 36}
- ✓ **Boswellin** for reducing neuro-inflammation ^{37, 38, 39, 40, 41, 42}
- ✓ Migraine inhibiting **bioflavonoids** including **grape seed and pine bark extracts** ^{43, 44, 45, 46}



At NSF Certified cGMP Facility

Migra-Well am | Energizing Migraine Multivitamin



Dosage:
2 Capsules in the morning

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin C (as Sodium Ascorbate)	80 mg	89%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as Mixed Tocopherols)	20.1 mg	134%
Riboflavin (as Riboflavin 5 Phosphate)	100 mg	7692%
Vitamin B6 (as Pyridoxal 5 Phosphate)	5 mg	294%
Folate (1 mg as 5-methyltetrahydrofolate, calcium salt)	1700 mcg DFE	425%
Vitamin B12 (as Methylcobalamin, Adenosylcobalamin, Hydroxocobalamin)	600 mcg	25000%
Magnesium (from 500 mg Albion® DiMagnesium Malate)	100 mg	24%
Zinc (as Albion® Zinc Bisglycinate)	15 mg	136%
Alpha Lipoic Acid	150 mg	*
Benfotiamine	25 mg	*
CoQ10 (Ubiquinone)	100 mg	*

* Daily Value (DV) not established

Other ingredients: Vegetable Capsule (cellulose, purified water).

No artificial colors, artificial flavors, milk or milk derivatives or sodium added.

Migra-Well pm | Nutrient Rich Sleep Aid



Dosage:
2 Capsules before bedtime

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Riboflavin (as Riboflavin 5 Phosphate)	100 mg	7692%
Magnesium (as Albion® Magnesium Bisglycinate)	250 mg	60%
Zinc (as Zinc Carnosine)	15.75 mg	143%
Zinc Carnosine	75 mg	†
Melatonin	3 mg	†

† Daily Value (DV) not established

Other ingredients: Micro Crystalline Cellulose (USP), Vegetable Capsule (cellulose, purified water).

No artificial colors, artificial flavors, milk or milk derivatives or sodium added.

Migra-QWell | Gut-Brain Botanical



Acute Dosage:
2 Capsules at onset of headache and repeat up to max 8 capsules in 24 hours

Maintenance dose:
2 Capsules daily after meal

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 15

	Amount Per Serving	%DV
Longvida® Optimized Curcumin Extract [from Curcuma longa (Turmeric) Root] (Rhizome) (min 20% Curcuminoids)	300 mg	*
Ginger Rhizome Extract (5% Gingerols)	400 mg	*
Boswellin® HBD (Boswellia Serrata Extract)	300 mg	*
Bioflavonoid Blend Grape Seed Extract (95% Proanthocyanidins), Pine Bark Extract (Pinus pinaster).	225 mg	*

* Daily Value (DV) not established

Other ingredients: Vegetable Capsule (cellulose, purified water).

Note: Migra QWell is proven to work more effectively when taken with NSAIDs. Combined therapy improves NSAID tolerance and improves pain response.

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Migra Well is Available at:

