



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, 27}
- ✓ **Methylated B12, Folate, Benfotiamine (B1)**^{6, 7, 8}
- ✓ **Vitamins: D3, C, and E** combats oxidative stress^{9, 10, 38}
- ✓ **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}
- ✓ **PharmaGABA** for enhancing sleep quality²⁶
- ✓ **Riboflavin** for sleep and mitochondrial energy^{5, 23, 27}



Migra-QWell | Gut-Brain Botanical

- ✓ GI friendly **Ginger** for acute pain relief^{24, 25, 28, 29, 30, 31}
- ✓ Highly Potent **Longvida** **Optimized Curcumin**^{32, 33, 34}
- ✓ **Boswellin** for reducing neuro-inflammation^{35, 36, 37, 38}
- ✓ Migraine inhibiting **bioflavonoids** including **grape seed and pine bark extracts**^{35, 36, 37, 38}



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.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Riboflavin (as Riboflavin 5 Phosphate)	50 mg	3846%
Magnesium (as Albion® Magnesium Bisglycinate)	250 mg	60%
PharmaGABA	100 mg	†
Melatonin	3 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

Migra-QWell

Gut-Brain Botanical



Acute Dosage: 2 Caps at onset, repeat up to max 8 capsules in 24 hrs.
Maintenance: 2 Caps daily after meal

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	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	225 mg	*
Grape Seed Extract (95% Proanthocyanidins), Pine Bark Extract (Pinus pinaster).		

* Daily Value (DV) not established

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

Note: Combine OTC pain meds with Migra-QWell to enhance response & improve GI tolerance of OTC pain meds.

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Migra Well is Available at:

