



Migra-Clear Ultra

Serving Size 2 capsules

Servings Per Container 60

Amount Per Serving

Riboflavin (riboflavin 5'-phosphate)	190 mg
Magnesium (citrate)	100 mg
Ginger root powder (<i>Zingiber officinale</i> , 5%)	250 mg
Feverfew (<i>Tanacetum parthenium</i> , 2%)	50 mg
Butterburr root (<i>Petasites hybridus</i> , 6:1)	50 mg
Ginkgo leaf extract (<i>Ginkgo biloba</i>)	40 mg

OTHER INGREDIENTS: Rice flour, silica, cellulose.

SUGGESTED USE: As a dietary supplement, take 2 capsules two times per day for the first month with possible reduction to one time per day thereafter or as directed by your healthcare professional.

MIGRA-CLEAR ULTRA

A UNIQUE VITAMIN AND HERBAL FORMULA DESIGNED TO HELP REDUCE THE FREQUENCY AND INTENSITY OF VASCULAR DISTURBANCES IN THE HEAD.

- Helps support head ease and relaxation

When you want a safe, natural, nutritional approach to maintaining head comfort, Migra-Clear Ultra should be your product of choice. Doctors, consulting with BioGenesis Nutraceuticals, Inc., designed Migra-Clear Ultra to contain the most documented and effective nutraceuticals presently known to help support the vascular system in the head. These ingredients act synergistically to assist in quenching inflammation and reducing histamine and serotonin induced vasospasm. Migraines and other vascular headaches typically are produced due to vasoconstriction of cerebral blood vessels (or the vessels leading into the brain). When this vasoconstriction occurs the brain receives less blood flow and therefore less oxygen. The body responds to restore circulation by dilating these constricted vessels leading to a vasodilation headache. This vasodilation response causes congestion, which increases pressure and pain receptor activation. Typical symptoms are a throbbing, congestive headache with light sensitivity (photophobia), nausea, and occasionally vomiting. Motion typically aggravates the patient. Migra-Clear Ultra is designed to maintain optimal circulation to the brain and within the brain, thus, avoiding the vasoconstrictive trigger phase.

It is advisable to take Migra-Clear Ultra on a daily basis to maintain normal head vascular health.

RIBOFLAVIN is a common B vitamin and has been shown to be an effective prophylactic in the prevention of migraines.

MAGNESIUM has putative anti-migraine activity. While its mechanism of action is currently unknown, speculation is that its vasodilatory, calcium channel blocking, and possible reduction of reperfusion dysfunction actions may benefit vascular headaches and muscle tension headaches.

MIGRA-CLEAR ULTRA

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GINGER ROOT EXTRACT through its volatile oil content has been shown to inhibit migraines by acting as a vasodilator (helps prevent vasoconstrictive trigger phase), and inhibiting leukotriene and thromboxane synthesis associated with platelet aggregation.

FEVERFEW EXTRACT inhibits the release of serotonin from platelets. This results in less vasoconstriction of blood vessels. Feverfew regulates the production and release of inflammatory compounds.

PETASITES (BUTTERBUR) has beneficial effects as an antispasmodic on smooth muscle. This effect is beneficial for vascular headaches by normalizing vascular tone and improving circulation.

GINKGO BILOBA may have benefits for vascular headaches due to its beneficial effects on normalizing smooth muscle vascular tone and overall circulation.

DIETARY CONSIDERATIONS: Vascular headaches have been shown to have a high incidence of food allergy/intolerance associated with their aggravation. Because delayed response allergies can be difficult to document when interviewing the patient, it is recommended that every migraine/vascular headache patient be screened for food sensitivity. Elimination/Challenge or serum antibody testing are considered the most accurate methods. Certain tyramine containing foods such as aged cheeses, red wines, fermented sausages, sour cream, etc., may trigger migraine headaches. Phenylethylamine (chocolate), nitrates (hot dogs), levodopa (broad bean pods), and occasionally citrus and nuts may provoke a migraine attack. Dairy allergy or lactose enzyme deficiency has been associated with migraines in some patients. Sensitivity to artificial sweeteners also should be ruled out. Although caffeine can help reduce the severity of a vascular headache in progress, it is part of the problem in that it leads to the vasoconstriction trigger phase. Encourage your patient to get off of all caffeine (coffee, colas, teas, chocolate, OTC drugs). Read the ingredient label. Caffeine is added to many products. Avoid sugar! A high sugar diet may lead to irregular blood sugar levels. Low blood sugar may trigger migraine headaches. Sugar and high carbohydrate diets increase tryptophan uptake by the brain leading to higher levels of serotonin production. Higher serotonin levels have been associated with greater risk of migraine. Higher intake of fish and fish oils along with green leafy vegetables (magnesium) may help reduce migraine attacks.