



## **Do you suffer from migraines? You can help in a vitamin based migraine trial**

### **Studying the effects of a combination of antioxidant vitamin therapy on Migraine**

- Migraine affects 15% of the population, including being a leading cause of suffering and disability within our community. Research suggests that inflammation of the brain's coverings (meninges) by nerve cells releases 'oxygen free radicals' that may then cause migraine attacks. N-acetylcysteine, Vitamin E and Vitamin C (NEC) are powerful, safe and easily available (over-the-counter) "anti-oxidants" which may lessen brain inflammation and in turn reduce the number & severity of migraines.
- We need the help of migraine patients, between **18-65 years of age**; to see if a combination of N-acetylcysteine 600mg, Vitamin E 250 IU and Vitamin C 500mg (NEC), taken twice a day for 12 weeks, will reduce migraine attacks. This safe vitamin – based therapy has never been studied before and if effective, may play an important role in migraine prevention.

#### **Do you qualify?**

- **Have you had migraine attacks for at least the past 12 months, with onset before 50 years of age?**
- **Do you suffer migraine episodes two-to-eight times per month? (with less than six 'other' headache types per month)**
- **Are you able to distinguish between migraine and 'other' headache types?**
- **Take less than 2 migraine prevention drugs**
- **The ability to fill out a headache diary and self-administer trial drugs twice daily**

**If you have any questions about this project, would like to receive a participant information sheet or are interested in participating, please feel free to contact:**

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