

Riboflavin (Vitamin B2)

Riboflavin (Vitamin B2) is used as a prophylactic treatment for migraine. In a study conducted at the University of Leige (Belgium), Department of Neurology, it was postulated that since the brain of migraineurs were characterized by reduced mitochondrial phosphorylation, riboflavin could be used because of its potential to increase mitochondrial energy efficiency, and that a prophylactic effect may be realized.

A group of 49 patients who have migraine were studied: 45 had common migraine and 4 had classic or "aura" migraine history. Patients were given 400 mg of riboflavin as a single oral dose for at least 3 months. Mean global improvement between the groups was 68.2%.

It was concluded that high-dose riboflavin could be effective, low-cost prophylactic treatment for migraine devoid of short-term side effects.

(Schoenen et al.1994)

Human riboflavin deficiency symptoms include, among others, **dermatitis and red, itching eyes**; perhaps riboflavin has anti-inflammatory properties that may also help prevent migraines. Riboflavin has also been reported to be useful therapy in some cases of **muscle cramps** due to circulatory instabilities, which cause some circulatory disturbances (such as "**hot flashes**" in menopausal women).

Note that riboflavin has rather low solubility in the gut and its absorption is relatively inefficient for dosed over about 50 mg. Moreover, high levels of riboflavin in the bloodstream results in rapid loss via the urine. If you want to try this, you should take 50 mg. of riboflavin eight times per day, not 400 mg. once per day. Note, too, that very high doses of riboflavin can be photosensitizer, so be sure to use a sunscreen and wear sunglasses,

Suggested Protocol:

Take one **riboflavin** 50 mg tablet 8 times per day (total 400 mg)

Take one **CoQ10** 150 mg daily

Take two **magnesium aspartate** 500 mg daily

Take one B-Complex (**Mega-13**) daily

Take one **Nianate** twice daily

Take two "**FISHOL E.C.**" daily