

Migraines and Key Nutrient Deficiencies: Research Roundup

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Many Migraine Sufferers Are Low in Key Nutrients

Magnesium, calcium, vitamin A, vitamin B2, vitamin B6, vitamin C, vitamin D, and vitamin K — these vitamins and minerals tend to be lower in migraine sufferers. According to a [study](#) in the British Journal of Nutrition(1), women whose diets are rich in these nutrients are less likely to report migraines.

“There was an inverse relationship between Migraine Disability Assessment (MIDAS) and the first nutrient pattern characterized by dietary calcium, vitamin A, vitamin K, vitamin C, vitamin B6, vitamin B2, and Magnesium among women. Furthermore, there was a positive significant association between vitamin D and B12 (pattern 3) and headache duration. Dietary nutrients patterns should be monitored closely in individuals suffering from migraine,” say the study authors, writing in the British Journal of Nutrition.

Previous Research Sheds Light on Vitamin D and Migraines

In a 2019 review study from Neurological Sciences (2), insufficient vitamin D levels were commonly found in migraine patients. While more research is needed, vitamin D supplementation is a promising therapy for migraine patients. Researchers used PubMed/MEDLINE and ScienceDirect databases for their search.

Vitamin D and Magnesium Are Synergistic

It's also interesting to note that optimal vitamin D levels help enhance magnesium levels in the digestive tract. And magnesium plays a key role in vitamin D metabolism. In fact, large amounts of vitamin D can lead to a depletion of magnesium, according to a 2019 review study in the American Journal of Therapeutics (3). "Adequate magnesium supplementation should be considered as an important aspect of vitamin D therapy," said the authors.

References

1. The relationship between dietary nutrients patterns and intensity and duration of migraine headaches

Keywords: Migraine, dietary nutrients pattern, Migraine Disability Assessment questionnaire, Visual Analog Scale, headache

2. Vitamin D in migraine headache: a comprehensive review on literature

Keywords: 25-hydroxyvitamin D; Cholecalciferol; Headache; Immune function; Inflammation; Nociception; Pain.

3. Magnesium Supplementation in Vitamin D Deficiency

Keywords: Vitamin D, magnesium, secondary hyperparathyroidism, ionized magnesium, Intracellular Electrolytes, and Magnesium test