*Title:*

Coenzyme Q10 Supplementation Reduces Frequency and Duration of Migraine

*Picture:*



*Caption:*

Hello, my name is Ross Pelton. I am a pharmacist, nutritionist, author, and a health educator. My specialty is natural medicine and nutrition. I am an expert in the area of drug-induced nutrient depletions. Please visit my website at <https://naturalpharmacist.net/>.

*Text:*

In April 2020, I published an article in *Integrative Medicine: A Clinician’s Journal* about the heart health effects of daily Coenzyme Q10 supplement [Pelton 2020]. As most of you know, adequate Coenzyme Q10 status is important for ATP energy production in the heart muscle cells.

Unfortunately, our cells produce less and less Coenzyme Q10 throughout our adult years. One estimate is that the heart muscle cells of an 80-year-old will produce about half of the Coenzyme Q10 that the heart muscle cells of a 20-year-old will. It is not practical to think about making up the difference by eating more or better. Consequently, daily CoQ10 supplementation is important [Pelton 2020].

**CoQ10 Supplementation to Reduce Frequency and Duration of Migraine Attacks**

Today, I want to draw your attention to the benefits of CoQ10 supplementation for migraine sufferers. A recent meta-analysis of the data from six randomized controlled trials of CoQ10 supplementation of patients with migraine has shown a prophylactic effect of the supplementation.

Migraine is a common and debilitating disease that affects more than one in ten adults world-wide [Salazi 2021]. Most migraine medications are intended to reduce the frequency and intensity of migraine headache

Attacks; very few migraine medications prevent migraine attacks.

There is some evidence that that low levels of the micronutrients such as

riboflavin, magnesium, and Coenzyme Q10 are associated with the incidence of migraine headaches [Hershey 2007]. Coenzyme Q10 has antioxidant and anti-inflammatory effects that may explain how it helps to reduce the frequency and duration of migraine attacks [Salazi 2021].

**BMJ Open journal article: Coenzyme Q10 and migraine**

A research team from a university in Malaysia reviewed the data from six

randomized controlled trials enrolling 371 migraine sufferers of both genders aged 18 to 50 years [Salazi 2021]. None of the 371 study participants had been on migraine preventive drugs in the six months prior to the study they took part in.

The researchers revealed the following findings:

* There was no statistically significant reduction in severity of migraine headache with CoQ10 supplementation.
* CoQ10 supplementation significantly reduced the duration of the migraine headache attacks compared with a placebo group.
* CoQ10 supplementation significantly reduced the frequency of migraine headaches compared with a placebo group.

In one of the six studies, the researchers reported that CoQ10 supplementation significantly reduced the number of days with nausea due to migraine. None of the other five studies reported on nausea.

**Dosage and Duration of the CoQ10 Supplementation**

This is good news indeed.

Okay, you will want to know, what were the dosages used in the six studies?

Different dosages of CoQ10 were used in the six studies:

* A minimum of 30 mg per day
* 300 mg per day
* 400 mg per day (2 studies)
* 600 mg per day
* 800 mg per day

The duration of the CoQ10 supplementation also differed:

* 8 weeks in one study
* 3 months in five studies

**Conclusion: Coenzyme Q10 for Preventing Migraine**

The bottom line is that we have some good solid evidence that Coenzyme Q10 supplementation reduces the number of migraine attacks each month and reduces the duration of the migraine attacks.

I would just warn you that not all CoQ10 supplements are equally good in terms of absorption and bioavailability. Getting the right formulation takes time and money; consequently, the less expensive CoQ10 preparations may well be a waste of money.

I would also give you a heads-up: you do not need to buy a ubiquinol supplement to get enough ubiquinol in your blood. A well-formulated ubiquinone Coenzyme Q10 supplement will significantly increase the ubiquinol content in the blood.

**How would a natural pharmacist wrap it up?**

**Sources**

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The information presented in this review article is not intended as medical advice and should not be construed as such.