Supplementation with CoQ10 and L-carnitine is Beneficial for Migraine Prophylaxis

NEWS
Pain Management

According to a recently published double-blind, parallel study in 'Cephalalgia', the evidence backing the advantages of Coenzyme Q10 and L-carnitine supplements on serum levels of lactate and migraine symptoms were obtained. Parisa Hajihashemi and colleagues aimed to determine the effects of combined supplementation of Coenzyme Q10 with L-carnitine on mitochondrial metabolic disorders marker and migraine symptoms among the patients suffering from a migraine.

All in all, 56 men and women, aged 20–40 years with a migraine headache participated in this study. For 8 weeks, the subjects were randomly assigned to receive either 30 mg/day Coenzyme Q10 and 500 mg/day L-carnitine at the same time and/or placebo tablets. The measurements were completed at the starting and the end of the study. The primary outcomes comprised of headache attacks. The frequency of headache attacks, duration, the headache diary results (HDR), and serum levels of lactate was regarded as the secondary outcomes. After 8 weeks, there was a notable reduction in the severity, duration, serum levels of lactate frequency and HDR.

There is a need for future cross-over trial studies confirm these findings, mentioned the study authors.

Source: Cephalalgia
Link: https://journals.sagepub.com/doi/abs/10.1177/0333102418821661?rfr_dat=cr_pub%3Dpubmed%26rfr_id=ori%3Arid%3Aresourref.org%journalCode=cepa

Original title of article: The effects of concurrent Coenzyme Q10, L-carnitine supplementation in migraine prophylaxis: A randomized, placebo-controlled, double-blind trial.

Authors: Parisa Hajihashemi et al.

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