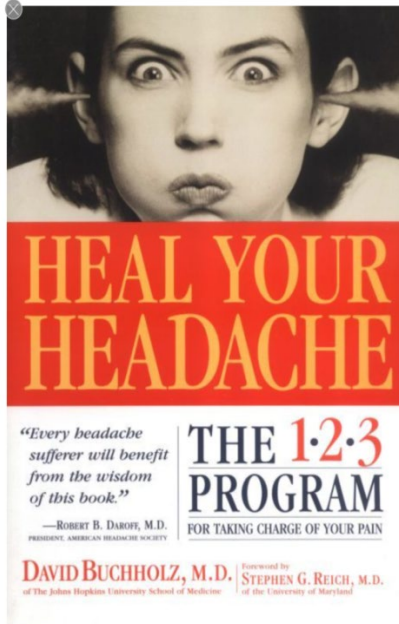


VESTIBULAR MIGRAINE SUPPLEMENTS

Magnesium Glycinate: 400-600mg daily (*Pure Encapsulations 120mg: 4 capsules at night*)
Magnesium Threonate: 73-147mg daily (*Magtein 73.5mg: 1 capsule morning and afternoon*)
Riboflavin (Vitamin B2): 400mg daily
Coenzyme Q10: 150mg twice a day



THE DIZZY COOK

DIET AND LIFESTYLE FOR MIGRAINES



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