



CLARIWELL

# MIGRAKLER®

DIETARY SUPPLEMENT

Products based on nature and science  
for easy and sustainable everyday life



# MIGRAKLER®

**an effective solution for the normal functioning of the nervous system in cases of headaches and migraines.**

**Composition:** buffered magnesium citrate, feverfew (*Tanacetum parthenium L.*), coenzyme Q10 and riboflavin (vitamin B2).

**Audience:** Adults with headaches and migraines.

**Take** 2 capsules a day during meals.

Recommended duration of use – 3 months (full course).

Package – 60 capsules.

**The recommended daily dose** (2 capsules) contains:

- magnesium (basic substance) – 300 mg;
- coenzyme Q10 – 50 mg;
- riboflavin (vitamin B2) – 12.5 mg;
- feverfew extract – 3.26 mg, corresponding to 48.9 mg of crude plant.

Product contains substances of natural origin only.

The capsule shell does not contain gelatine of animal origin.



NO ARTIFICIAL  
COLORS



NO  
PRESERVATIVES



GMO  
FREE



LACTOSE  
FREE



GLUTEN  
FREE



VEGAN  
FRIENDLY

**DO NOT USE A FOOD SUPPLEMENT TO REPLACE COMPLETE AND BALANCED NUTRITION!**

Food supplement intended for adults. Do not use this food supplement if you are pregnant, breastfeeding or have hypersensitivity (allergy) to any of the ingredients. If you are taking any medication or are under the supervision of a physician, consult your physician or pharmacist before taking a food supplement.

**The product is manufactured in Latvia in accordance with the quality and safety requirements of the European Union.**

# FEVERFEW

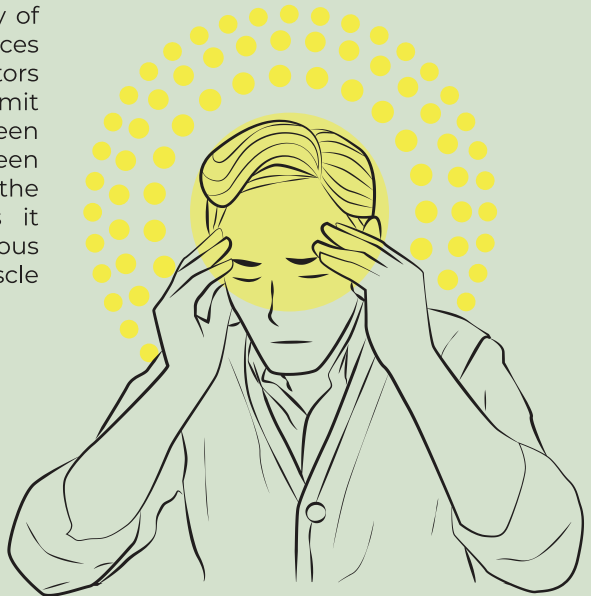
(*Tanacetum parthenium* L.) is a well-known herb used in prophylaxis of migraine. In this food supplement, extract of feverfew is selected, with a high concentration of the plant and a guaranteed amount of the active substance (parthenolide). Parthenolide suppresses the synthesis of prostaglandins. Since prostaglandins are the substances that cause inflammation, pain, exudate (fluid that comes out of blood vessels during inflammation) and fever, feverfew is able to have a beneficial effect, preventing or reducing these phenomena. Feverfew not only blocks the synthesis of prostaglandins, but also the release of serotonin and histamine, which are associated with the onset of pain. Parthenolide, in turn, significantly affects the mechanisms of blood vessel constriction and expansion. The assessment report on feverfew (*Tanacetum parthenium* L.) of the European Medicines Agency (EMA/HMPC/48716/2019) concluded that feverfew is used for migraine and headache at a therapeutic dose of 100 mg of the drug per day.



**FOOD SUPPLEMENT DOES NOT REPLACE A COMPLETE AND BALANCED DIET!**

# BUFFERED MAGNESIUM CITRATE

(magnesium citrate and magnesium oxide) in total provides 67% greater absorption of the basic magnesium in the body than the same amount of other forms of magnesium salts. Research shows that people with migraines tend to have lower magnesium levels than people without headaches. Magnesium blocks signals in the brain that cause migraines with aura or changes in vision and other senses. Magnesium stops certain chemicals that cause pain, and a drop in magnesium levels causes blood vessels in the brain to constrict, potentially contributing to migraines. In persistent headaches, magnesium deficiency affects the activity of serotonin receptors and reduces the activity of NMDA receptors (nerve cells that transmit electrical signals between neurons). Magnesium has been found to be effective in the treatment of migraines as it promotes a balanced nervous system and relaxation of muscle fibres.



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## COENZYME Q10

in the human body and is more stable than the ubiquinol form of coenzyme Q10. Research shows that taking Q10 significantly reduces the frequency, severity and duration of migraines. Coenzyme Q10 in the mitochondria of cells helps improve cell function, thereby reducing irritation (inflammation) during migraines, as Q10 works to reduce levels of the well-known inflammatory marker TNF- $\alpha$ .

## RIBOFLAVIN

or **vitamin B2** helps protect cells from oxidative stress, reduces fatigue and promotes body regeneration. According to a group of scientists, regular use of vitamin B2 can help prevent migraines, because B vitamins incl. B2 promote energy production in the body, increasing the concentration of substances that protect the body against headaches.



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## CLARIWELL

**CLARIWELL** team chooses the raw materials of the product with the utmost responsibility. They have high bioavailability and efficiency. Vitamins and minerals of natural origin are used. Active substances of plant origin have been selected, taking into account their purity, form and standardisation, in order to provide the customers with the highest quality and the best possible solution.

### CONTACTS:

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