

## Natural Medicines in the Clinical Management of Headache

Recommendation Chart for Natural Medicines Used for Headache *						
Safety \ Effective	Likely Safe	Possibly Safe	Insufficient Evidence	Possibly Unsafe	Likely Unsafe	Unsafe
Effective	- Caffeine (when combined with analgesics)					
Likely Effective						
Possibly Effective	- Chasteberry (PMS-related migraine) - Coenzyme Q10 - Feverfew - Magnesium - Melatonin - Riboflavin	- Butterbur - Capsicum - Peppermint oil				
Insufficient Evidence		- Guarana - Mate - Willow bark				
Possibly Ineffective	- Fish oil			- 5-HTP		
Likely Ineffective						
Ineffective						

KEY:
Consider recommending this product.
Don't recommend using this product.
Recommend against using this product.

\* These proposed recommendations are based solely on the Safety and Effectiveness Ratings contained in *Natural Medicines Comprehensive Database*. This assumes use of high-quality, uncontaminated products and the use of typical doses. Keep in mind that some products are never appropriate for some patients due to concomitant disease states, potential drug interactions, or other clinical factors. Use your clinical judgment before recommending any product.