Effects of a Phytonutrient Complex on Migraine: Comparison of Overall Episodes to Quality of Life Factors

Neil E. Wolkodoff¹, Gerald M. Haase², and Reginald W. Kaptyn³

¹Colorado Center for Health & Sport Science: Denver, CO. ²University of Colorado School of Medicine: Aurora, CO. ³Orthopedic Associates of Muskegon: Muskegon, MI.

ABSTRACT

PURPOSE:
- Quality of Life (QOL) issues are particularly distressing to migraineurs.
- Current drug therapies focus on episodes but have not always provided other satisfactory symptom improvement.
- Nootropic supplements such as Medium Chain Triglycerides (MCT) have demonstrated overall brain and cognitive benefits in published studies.

This trial used a proprietary MCT-based nootropic supplement (Figure 1) and investigated the relationship between overall migraine episodes and QOL, utilizing an on-line survey tool for the 60-day intervention period.

METHODS:
- Prospective, randomized, double-blind, placebo-controlled trial of a patented phytonutrient complex using a 3:1 randomization ratio, 60 days.
- Thirty subjects (n=30) in the intervention cohort consumed the active compound, compared with ten (n=10) subjects in the placebo control group.
- The specially developed electronic response form allowed subjects increased safety in assessing their clinical status.

RESULTS:
- A decrease in migraine episodes, duration and severity was positively linked to improved QOL.
- Forty subjects (n=40) fully completed the 30-day pre-intervention and 60-day intervention periods.
- The study employed a 3:1 randomization ratio.
- Thirty (n=30) chronic migraine sufferers consumed the proprietary, active MCT compound.
- Product was consumed each morning, either placed in a liquid or meal.
- Instructions to participants included maintaining a consistent lifestyle, health factors, and medications while consuming both supplements.

CONCLUSIONS:
- A decrease in migraine episodes, duration and severity was positively linked to the self-rated QOL measure for migraineurs.
- A proprietary high concentration ingredient complex used phytonutrients produced significant improvements across a broad domain of the measured variables, especially with reference to decreased episodes correlating with improved QOL.

INTRODUCTION

Migraine affects over 40 million people in the U.S. It is the third most prevalent disease worldwide with 12% of the world population suffering from some form of migraine.

QOL is especially important for those suffering from chronic conditions like migraine. During most migraine episodes, migraineurs cannot function normally. Common QOL issues include decreases in sports or jobs, exercise, or loss of work. Overall outlook can improve adherence to positive behaviors such as regular exercise and dietary modification, having further enhanced benefits.

Traditional drug studies for migraine have primarily focused on symptomatic relief, yet without further enhancing benefits. The outlook can improve adherence to positive behaviors such as regular exercise and dietary modification, having further enhanced benefits. This study was to determine if an MCT-based compound would simultaneously improve migraine symptoms and QOL.

METHODOLOGY

- Migraineurs were recruited who had had at least six migraine episodes per month.
- Study requirements included a consistent lifestyle and medication regimen.
- Potential subjects completed an extensive health history questionnaire. Documents were presented to the IRB for review and subject approval.
- The investigation was a prospective, randomized, double-blind, placebo-controlled trial of the specific, nootropic MCT complex.
- Forty subjects (n=40) fully completed the 30-day pre-intervention and 60-day intervention periods.
- The study employed a 3:1 randomization ratio.
- Thirty (n=30) chronic migraine sufferers consumed the proprietary, active MCT compound.
- Seventy (n=70) control subjects received a similar intervention.
- Product was consumed each morning, either placed in a liquid or meal.
- Instructions to participants included maintaining a consistent lifestyle, health factors, and medications while consuming both supplements.

RESULTS

- Results were compared for the 30-day number of episodes, 60-day number of episodes, and 30-day number of episodes.
- The intervention group significantly improved in the metrics of episodes and duration compared to the control group.
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- The correlation value was 0.45, a moderate relationship.

CONCLUSIONS

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- A proprietary high concentration ingredient complex used phytonutrients produced significant improvements across a broad domain of the measured variables, especially with reference to decreased episodes correlating with improved QOL.

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Competing Interests
NEW has no competing interests. GMH and RWK are scientific advisors to the company.

Contact
Neil E. Wolkodoff, neil@cocha.com

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