

# Vitamin D supplementation could reduce migraine headache attacks

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(HealthDay)—Vitamin D supplementation could reduce headache

attacks per month and headache days per month among migraine patients, according to a review published in the December issue of *The American Journal of Emergency Medicine*.

Chen Hu, from the Chongqing Hospital of Traditional Chinese Medicine in China, and colleagues conducted a [systematic review](#) of randomized controlled [trials](#) exploring the effect of vitamin D for migraine patients. Data were included for six randomized controlled trials with 301 patients.

The researchers found that vitamin D supplementation could reduce headache attacks per month, headache days per month, and migraine disability assessment questionnaire scores (mean differences,  $-2.74$ ,  $-1.56$ , and  $-5.72$ , respectively) compared with controls, but it had no obvious effect on attack duration or headache severity.

"Our [analysis](#) is based on only six randomized controlled trials, and all of them have relatively small patient samples," the authors write. "We need more randomized controlled trials with large patient [samples] to explore this issue."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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