Studies find the link between migraine and low brain magnesium. According to some experts, migraines are often triggered by a variety of factors. It causes extremely troublesome symptoms, such as intense pain. It has been found that one of the triggers of migraine attacks is magnesium deficiency.

The UMMC reveals that studies have demonstrated that a daily intake of 200 to 600 milligrams of magnesium could reduce the frequency of migraine attacks.

A study in 1989 showed that reduced levels of magnesium in the brain were a significant factor in the migraine attack mechanism. It is worth mentioning that many headache sufferers who consumed magnesium reported significant migraine relief through the use of the mineral.

In a 1996 German study, it was found that a high dose of magnesium taken orally was an effective migraine treatment. The researchers suggested that the mineral has an ability to influence the alterations of the blood vessels in the brain.

Some experts recommend the intake of magnesium supplements in the prevention or treatment of acute migraines. It could even be a remedy for menstrual migraines or pregnancy-related migraines. This therapeutic mineral is even thought to be a safer alternative to medications.

When a low magnesium level is the cause of migraine, it should be treated by addressing the deficiency. It is important to remember that using certain medications could sometimes be useless due to the fact that they do not target the root cause of the problem.

The National Institutes of Health (NIC) reveals that an intravenous magnesium treatment could be useful against migraines. This miracle mineral has been tested for efficacy not just in the prevention, but also the treatment of migraines.

Increasing the intake of magnesium could be helpful in fighting migraine attacks. One of the best ways to increase magnesium intake is through supplementation, which has been quite popular these days.

Divine Bounty Magnesium Citrate is one of the formulas available in the market today. For every bottle, consumers would be able to take advantage of 120 capsules. Every capsule contains pure ingredients, and even has citric acid. Citric acid is useful in increasing the delivery of magnesium inside the body.

It is further worth mentioning that this highly potent formula only contains natural ingredients, which means it is free from soy, GMO, artificial ingredients, and preservatives.

(http://www.amazon.com/Divine-Bounty-Magnesium-Citrate-Supplement/dp/B01LYWPNY6)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at