First author	Study	Population	Sample size	Maan	Intervention	Control	Treatment	Main outcomes
r ii st autilor,	dosign	i opulation	(Intervention			(Desego)	duration	
ycal,	uesign		(intervention	age/age	(Dosage)	(Dosage)	uuration	
(Deference)				range (year)				
(Reference)	0 1		group)	22	TT1 ' '		2.1	
Prakash,	Case study	A woman	1/-	32	I hiamin	-	2 days	↓Frequency and intensity of
2016/India		with chronic			(500 mg)			headache
(1)		migraine			intravenously, 3			
		and			times a day			Improvement in the
		Wernicke's			T I: : (2 00)		0.1	nystagmus, dizziness, vertigo,
		Encephalop			Thiamin (200 mg)		2 days	and disturbed sleep
		athy)			intravenously, 3			
					times a day			
							<i>с</i> 1	
					Oral thiamin		6 weeks	
					(100 mg), 2 times			
				-	a day			
		A woman	1/-	27	Thiamin		4 days	\downarrow Frequency and intensity of
		with			(500 mg)			headache
		episodic			intravenously, 3			
		migraine			times a day			Improvement in nausea and
		without aura						impaired tandem walk and
					Oral thiamin		2 months	nystagmus, irritability,
					(100 mg), 3 times			vertigo, and disturbed sleep
					a day			
Antonio,	Case study	A man with	1/-	41	Oral thiamine	-	-	↓Frequency of headache
2018/ Italy		migraine			treatment (250			
(2)					mg/d) started.			
					Every 3 days the			
					dose was			
					increased by 250			
					mg up to the dose			
					of 750 mg.			

Supplemental Table 1. The main characteristics of included clinical trial and case-report studies which investigated the effect of nutrient supplements on migraine

Schoenen, 1998/ Belgium (3)	RCT	Migraine patients (both genders)	28/26	36.08	Riboflavin (400 mg/d)	Placebo	3 months	↓Attack frequency ↓ Migraine days ↓ Migraine index, Severity ↓ Duration ↔ nausea and vomiting
Boehnke, 2004/ Germany (4)	Open label study	Migraine patients (both genders)	23/-	52.09	Riboflavin (400 mg/d)	-	3 and 6 months	 ↓ Attack frequency ↓ Intake of abortive anti- migraine tablets ↔ Headache hours and headache intensity
Nambiar, 2011/(5)	Open label trial	Migraine patients (both gender)	50/50	31.5	Riboflavin (100 mg/d)	Propranol ol (80mg/da y)	3 months	 ↓Migraine frequency, duration, severity of headache, and migraine disability in both groups ↓Side effects in riboflavin group
Rahimdel ,2015/Iran (6)	Single- blind trial	Migraine patients (both genders)	45/45	15-55	Riboflavin (400 mg/d)	Sodium valproate (500 mg/day)	3 months	↓Frequency, median duration per month, and severity of the headaches in both groups ↓Side effects in riboflavin group
Velling, 2003/(7)	Case study	A woman with migraine	1/-	62	375 mg of oral sustained-release niacin twice daily for 1 month, and 375 mg once daily for 2 months	-	3 months	↓ Attack frequency
Gedye, 2001/ Canada(8)	Open label clinical trial	Migraine patients (both genders)	12/-	45.4	Tryptophan (500 mg), niacin (100 mg), calcium (500 mg calcium carbonate), caffeine (64 mg),	-	Using for 10 attacks	Migraine relief

					and acetylsalicylic acid (650 mg) and avoid <i>during a</i> <i>migraine</i> high- potassium food and magnesium supplements			
Gaby, 2002/(9)	Case study	Female with migraine	1/-	44	Intravenous administration of vitamin C (16 mL), magnesium (5 mL), calcium (4 mL), B6 (2 mL), and 1 mL each of B12, B5, and B complex	-		↓ Attack frequency
Sadeghi, 2015/ Iran (10)	Double- blind trial	Migraine patients (both genders)	26/31	34.24	Pyridoxine (80 mg/d)	Placebo	12 weeks	 ↓ Headache severity, attacks duration and headache diary results (HDR) ↔ Frequency of migraine attacks
Menon, 2012/ Australia (11)	Double- blind trial	Female patients	76/86	44	Folic acid (2mg), vitamin B6 (25mg) and vitamin B12 (400 µg)	Placebo	6 months	↓Homocysteine levels, migraine head pain severity, migraine disability ↔Headache frequency
Lea,2008/ Australia (12)	Double- blind trial	Migraine patients (both genders)	37/15	52	Folic acid (2mg), vitamin B6 (25mg) and vitamin B12 (400 µg)	Placebo	6 months	↓Homocysteine levels, migraine disability, Headache frequency and pain severity

Askari, 2017/Iran (13)	Double- blind trial	Migraine patients (both genders)	34/31/30	35.29	Folic acid (5 mg/d) + pyridoxine (80 mg/d) Folic acid alone (5 mg/d)	Placebo	3 months	 ↓ Headache severity, attack frequency, duration and HDR No significant results
Nematgorgan i, 2022/ Iran(14)	Double- blind trial	Female patients	16/16/16/16/ 16/16	36.19	B1 (300 mg/d) B6 (80 mg/d) B9 (2mg/d) B12 (500 μg/d) B complex	Placebo	12 weeks	↓ Use of abortive drugs, frequency of headache, migraine disability in all groups of vitamins
Menon, 2016/ Australia (15)	Double- blind trial	Female patients	126/63	18-60	Combination of Folic acid (1mg), vitamin B6 (25mg) and of vitamin B12 (400 µg)	Placebo	6 months	 ↔ Migraine Disability, frequency, severity, homocysteine levels
Van der, 2002/ Netherlands (16)	Open label study	Migraine patients (both genders)	19/-	41	Intranasal OHB12 (1 mg/d)	-	3 months	↓ Frequency and duration of the migraine attacks, migraine days per month, amount of acute migraine medication ↔Other symptoms
Visser, 2020/ Australia(17)	Double blind trial	Migraine patients (both genders)	19/16	44.7	N-acetylcysteine (1200 mg), vitamin E (500 IU), and vitamin C (1000 mg) daily	Placebo	3 months	↓ Frequency, severity and duration of headache, and acute medication use
Chayasirisob hon, 2006/ Los Angeles (18)	Open label study	Migraine patients (both genders)	11/-	41.1	Pine bark extract (120 mg), vitamin C (60 mg), and vitamin E daily (30 IU)	-	3 months	↓ Frequency and severity of headache, migraine disability

Chayasirisob hon, 2013/ U.S.A(19)	Open clinical trial	Migraine patients (both genders)	50/-	39.46	Pinus radiata bark extract (1200 mg) and vitamin C daily (150 mg)	-	3 months	↓ Frequency, severity and disability of headache
Mottaghi, 2015/ Iran (20)	Double blind trial	Migraine patients (both genders)	33/32	33.3	Vitamin D (50,000 IU/week)	Placebo	10 weeks	 ↓Migraine frequency, ↓ HDR ↔ Severity and duration of headache attacks
Susanti, 2023/ Indonesia (21)	Trial	Migraine patients (both genders)	12/12	33.9	Vitamin D (2000 IU/day)	Placebo	12 weeks	 ↓ Frequency and duration of migraine attacks ↓ Glutamate and NLRP3 ↔ Plasma CGRP levels ↑ Vitamin D3 serum
Ghorbani, 2020/ Iran (22)	Double blind trial	Migraine patients (both gender)	38/36	37.5	Vitamin D 2000 IU (50 μg)	Placebo	12 weeks	 ↓Migraine frequency, duration, severity of headache ↓ Analgesics use/month ↓ iNOS, IL-6 ↔ IL-10 and Cox-2
Ziaei, 2009/ Iran (23)	Cross-over	Women with menstrual migraine	72	-	Vitamin E (400 IU daily) for five days	Placebo	Five days, (two days before to three days after menstruation for two cycles followed by a one-month wash-out)	↓ Migraine severity and functional disability scales, photophobia, phonophobia, and nausea

Pradalier, 2001/France (24)	Double- blind trial	Migraine patients (both genders)	96/87	39	Omega-3 PUFA (6 g/d)	Placebo	4 months	 ↔ Mean duration and intensity of the migraine attacks, rescue medication use ↓Total number of attacks
Tajmirriahi, 2012/Iran (25)	Single- blind trial	Migraine patients (both genders)	29/38	35.3	Fish oil (180 mg/d) + Sodium valproate (400 mg/d)	Sodium valproate (400 mg/d)	12 weeks	↓Duration, monthly frequency, and severity of headache in both group ↓ Monthly frequency, and severity of headache in intervention compare to control group
Wang, 2024/ Taiwan(26)	Double- blind trial	Migraine patients (both genders)	35/35	39.4	2 g fish oil containing 1.8 g of EPA	Placebo (2 g soybean oil daily)	12 weeks	↓ Migraine frequency, days using acute headache medication, headache severity, migraine disability, anxiety and depression, and quality of life
Ramsden, 2013/ USA(27)	Single- blind trial	Migraine patients (both genders)	33/34	41.5	A diet with high n-3 plus low n-6 fatty acids	Diet with low n-6 fatty acids	12 weeks	 ↓ Headache impact test, number of headache days per month, headache hours per day, n-6 in HUFA score ↑ Antinociceptive n-3 pathway markers 18-hydroxy eicosapentaenoic acid and 17- hydroxy-docosahexaenoic acid
Djalali, 2022/Iran (28)	Double- blind trial	Migraine patients	20/20	-	EPA (600 mg) and DHA (300 mg), twice daily	Placebo	2 months	 ↑ Anti-inflammatory cytokine IL-4 ↓ Pro-inflammatory cytokine IFN-γ ↔ Serum TGF-β and IL-17 levels

Rezaei Kelishadi, 2021/ Iran (29)	Double blind trial	Women with episodic migraine	42/37	41.7	Alpha-lipoic acid (300 mg), twice a day	Placebo	3 months	 ↓ MDA, CRP, depression, anxiety, and stress ↔ GSH, TAC, TOS
Cavestro, 2017/ Italy (30)	Open-label explorator y study of a cohort study	Migraine patients with insulin resistance	32	44	Alpha-lipoic acid (400 mg/day)	-	6 months	 ↓ Number of attacks and days of treatment in migraine patients with with insulin resistance ↔ Metabolic indices and insulin sensitivity markers
Magis, 2006/ Belgium (31)	Double blind trial	Migraine patients (both genders)	26/18	38	Thioctic acid (α- lipoic acid) 600 mg/day	Placebo	3 months	↓ Attack frequency, headache days, and headache severity
Dahri, 2019/ Iran (32)	Double blind trial	Non- menopausal Women with migraine	23/22	32.3	Coenzyme Q10 (400 mg/d)	Placebo (Wheat starch)	3 months	↓ Frequency, duration, and severity of headache ↓ CGRP and TNF-α ↑ serum CoQ10 levels ↔ IL-6 and IL-10
Shoeibi, 2016/ Iran (33)	Open-label trial	Migraine patients (both genders)	36/37	33.5	Preventive drugs + coenzyme Q10 (100 mg/d)	Preventiv e drugs	3 months	 ↓ Frequency, duration, and severity of headache ↓ Nausea, photophobia, phonophobia ↔ Vomiting
Dahri, 2023/Iran (34)	Double blind trial	Migraine patients (both genders)	39/38	33.7	Coenzyme Q10 (400 mg/d)	Placebo	12 weeks	↓MDA, BFP ↔TAC, LDL, TG, Tcho ↑Serum Co-Q10, HDL-C

Hajihashemi, 2018/ Iran (35)	Double blind trial	Migraine patients (both genders)	24/26	32.4	Coenzyme Q10 (30 mg/d) and L- carnitine (500 mg/d)	Placebo	8 weeks	↓ Frequency, duration, and severity of headache, HDR, Lactate
Taha, 2023/Iraq (36)	Trial	Migraine patients (both genders)	40/40	30.49	Coenzyme Q10 (400 mg/d) in combination with other prophylactic antimigraine drugs	Coenzym e Q10 (400 mg/d)	3 months	↓ Frequency, duration of headache, migraine disability, and symptoms such as vomiting and sound sensitivity
Maghbooli, 2013/ Iran (37)	Double blind trial	Migraine patients	50/50	34.5	Ginger powder (250 mg/d)	Sumatript an (50 mg/d)	1 month	↓ Severity of headaches in both groups Less side effects in ginger group
Martins, 2018/ (38)	Double blind trial	Migraine patients (both genders)	30/30	32.5	Ginger extract (400 mg/d) + ketoprofen (100 mg)	Placebo + ketoprofe n (100 mg)	Acute treatment while migraine attack	 ↓Pain ↑Improvement on functional status Better clinical response after 1, 1.5, and 2 hours in ginger extract group
Khani, 2021/ Iran (39)	Double blind trial	Migraine patients (both genders)	82/70/70	35.5	Sodium Valproate (200 mg) + Magnesium (250 mg) twice daily Magnesium (250 mg) + Placebo twice daily	Placebo + Sodium Valproate (200 mg) twice a day	12 weeks	 ↑ Antimigraine properties of sodium valproate in combination with magnesium ↓ Valproate dose for migraine prophylaxis ↓ frequency, intensity, duration of attacks, number of medications taken, and migraine disability in all groups, but the combination of magnesium and sodium valproate was more effective

Martami, 2019/ Iran (40)	Double blind trial	Episodic and chronic migraine patients	21,22/18,18	38.07	14-strain probiotic mixture, 2 capsules/day	Placebo	10 weeks in the episodic migraine group 8 weeks in the chronic migraine group	 ↓ Attack frequency, severity, number of migraine days, number of abortive drugs in both episodic and chronic migraine patients ↓ Migraine attack duration in chronic migraine patients ↔ Inflammatory markers
Xie, 2019/ China (41)	trial	Migraine patients with IBS (both genders)	20/20/20	-	A (IgG elimination diet combined with probiotics) B (probiotics)	C (IgG eliminatio n diet)	14 weeks	 ↓ Migraine days (in the groups of A and C) ↓ Use of over-the counter analgesics and disability (in all groups) ↑ Serum serotonin (in the groups of A and C) Improvement in bowel habits (in all groups)
Ghavami, 2021 Iran (42)	Double blind trial	Women with migraine	40/40	37.83	Synbiotic supplement (12 probiotic strains + fructooligosacchar ides prebiotic) Twice a day	Placebo	12 weeks	 ↓ Migraine attacks frequency ↓ Number of painkillers used ↓ Gastrointestinal problems ↓ Zonulin and Hs-CRP levels ↔ Migraine severity and duration
Goldstein, 2014/ USA (43)	Double blind trial	Migraine patients (both genders)	286/291/83	38.2	Combination of acetaminophen (500 mg), acetylsalicylic acid (500 mg), and caffeine (130 mg) daily (ACC)	Ibuprofen (400 mg) Placebo	Acute treatment while migraine attack	 ↑Pain relief, headache response ↓Functional disability, pain intensity, phonophobia, photophobia, use of rescue medication (Although these items were significant for both ACC and Ibuprofen, the efficacy of

								ACC was better than Ibuprofen)
								• •
Goldstein,	Double	Migraine	69/67/35	38.1	Acetaminophen	Sumatript	Acute	↓ Pain intensity, Pain,
2005/ (44)	blind trial	patients			(500 mg), aspirin	an	treatment	associated symptoms, use of
		(both			(500 mg), and	(50 mg)	while	rescue medication, disability
		gender)			caffeine (130 mg)		migraine	↑Response,
		C ,			daily	Placebo	attack	
Peroutka,	Randomize	Migraine	72	44.7	Diclofenac	Diclofena	Acute	↓ Headache, Rescue
2004/San	d, Double-	patients			sodium (100 mg)	c sodium	treatment	medication
Francisco	blind,	(both			soft gel + caffeine	(100 mg)	while	
(45)	Crossover	gender)			(100 mg)	soft gel	migraine	
. ,		C ,				L C	attack	
						Placebo		

Abbreviations: TNF- α , tumor necrosis factor- α ; CGRP, calcitonin gene related peptide; COX-2, cyclooxygenase-2; iNOS, inducible nitric oxide synthase; HDR, headache diary results; OHB12, Hydroxocobalamin; IL-6, interleukin 6; hs-CRP, high-sensitivity C-reactive protein; RCT, randomized clinical trial; PUFA, poly unsaturated fatty acids; EPA, eicosapentaenoic acid; DHA, docosahexaenoic acid; MDA, malondialdehyde; CRP, C-reactive protein; CoQ10, Coenzyme Q10; AAC, combination of acetaminophen 500 mg, acetylsalicylic acid 500 mg, and caffeine 130 mg; NLRP3; NOD-Like Receptor Protein 3, BFP, body fat percent; HDL-c, high density lipoprotein-cholesterol; IL-4, interleukin-4; IFN- γ , interferon-gamma; TGF- β , Transforming growth factor β ; GSH, Glutathione; TAC, total antioxidant capacity; TOS, total oxidant capacity; LDL-c, low density lipoprotein-cholesterol; Tg, triglyceride; Tcho, Total cholesterol.

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