Migraine is a common problem affecting at least 15% of adult population of the industrialized countries. Nutrition strategies can help prevent and/or lessen migraine episodes. A universal protocol for dietitians is strongly needed to provide assistance to migraine-patients.

The aim of the present study was to carry out a review of existing evidence regarding the effects of nutrition intervention and to create a treatment protocol for practicing dietitians.

We searched the databases of PubMed, Science Direct, Google Scholar and reviewed all the published articles in the period 1987-2016. We've analysed the collected data and translated the outcomes into guidelines for dietitians.

Our report presents the complete review of all to-date scientific publications on the subject of migraine treatment with remedies other than medicinal drugs. Furthermore, we have designed first ever complete protocol for practicing dietitians for treating migraine including both list of most common migraine triggers and supplements prescription guidelines for adults and children.

Trigger-less diet (elimination diet) is an effective way to start a contra-migraine intervention. The complete list of most common triggers is presented in the protocol. Nutraceuticals such as Riboflavin (vitamin B2), co-enzyme Q-10 and herbs Gingko Biloba and Butterbur whether alone or in combination deliver promising results in migraine prevention and therefore can be prescribed to treat this condition.

Interested in receiving the protocol? We suggest a data-collection project among European dietitians with the purpose to evaluate the efficiency of the migraine treatment protocol. Please indicate your interest to presenting author or send a message to: krasovskaya@gmail.com