Lipoic Acid Lowers Migraine Frequency, Severity

Migraine sufferers may be able to reduce the frequency and severity of their headaches by supplementing with lipoic acid, a nutrient known to enhance energy metabolism.* Previous studies have shown that other "mitochondrial energizers" such as vitamin B2 (riboflavin) and coenzyme Q10 help prevent migraine.

Belgian scientists recruited 44 migraine sufferers averaging 38 years of age, 26 of whom received 600 mg of lipoic acid daily for three months while the remaining 18 subjects received placebo. The frequency of headaches was modestly reduced in the lipoic acid group compared to the placebo group. Intra-group analysis showed that the lipoic acid group had markedly reduced frequency and severity of headaches, as well as fewer headache days.

While further studies are needed, these preliminary findings suggest lipoic acid may offer benefits for migraine prevention.

—Elizabeth Wagner, ND


Chinese Study: Carnitine May Boost Male Fertility

Supplementing with L-carnitine or acetyl-L-carnitine may help improve male infertility, according to a recent research review.* Male infertility affects an estimated 40% of infertile married couples.

Scientists in Beijing, China, evaluated data from nine randomized trials that examined the efficacy of the two forms of carnitine on several measures of male fertility. Supplementing with carnitine produced significant improvements in pregnancy rate, total sperm motility, and forward sperm motility, though no significant effects on sperm concentration were seen.

The scientists believe that supplementing with L-carnitine and/or acetyl-L-carnitine may help improve sperm kinetic features and improve pregnancy rate in patients affected by male infertility.

—Elizabeth Wagner, ND


Subjects Sought for Trial of Vitamin D to Treat Prostate Cancer

An international group of scientists is recruiting 1,000 men to participate in a two-year study to determine whether combining high-dose vitamin D with conventional chemotherapy improves treatment outcomes for patients with advanced prostate cancer.

The researchers hope a pill containing a high dose of calcitriol, a biologically active form of vitamin D, will work with the chemotherapy drug Taxotere® (docetaxel) to improve survival rates among patients with advanced prostate cancer. Such patients who have stopped responding to traditional hormone therapy currently have few options.

For more information, please contact Nicole Adams, public relations officer for the BC Cancer Agency, at 604-877-6272.

—Robert Gaston
Copyright of Life Extension is the property of Life Extension Foundation and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.