



# PROPHYLACTIC TO HELP REDUCE SEVERITY AND FREQUENCY OF MIGRAINES



**MIGRAINES AND REPETITIVE HEADACHES CAN BE DEBILITATING. APPROXIMATELY 15% OF THE POPULATION SUFFER FROM MIGRAINES.**

There is evidence that the mechanisms involve the nerves and the blood vessels in the brain, therefore pointing to a lack of blood circulation and a lack of oxygen to the brain.

**Migraine** synergistically improves brain oxygenation with herbal extracts known to stimulate the central nervous system, improve blood circulation, reduce inflammation and relax capillaries.



## MEDICINAL INGREDIENTS. Each vegetarian capsule contains:

Guarana ( <i>Paulinia cupana</i> ) 22% Caffeine	210 mg
White Willow Bark ( <i>Salix alba</i> ) 15% Salicin	145 mg
Feverfew ( <i>Tanacetum parthenium</i> ) 0.7% Parthenolide	125 mg
Peppermint Leaf ( <i>Mentha x piperita</i> )	105 mg
Yerba mate Leaf ( <i>Ilex paraguariensis</i> )	80 mg
Linden ( <i>Tilia cordata</i> )	80 mg
Cayenne ( <i>Capsicum annum</i> )	40 mg

## NON MEDICINAL INGREDIENTS:

Microcrystalline cellulose, vegetable stearate, hypromellose.

## RECOMMENDED DOSE:

Adults take 1-2 capsules per day. Take with or after food. Reduce dosage gradually if treatment is to be paused or discontinued.

Does not Contain: Dairy, egg, gluten, soy, wheat, corn, yeast, nuts, artificial sweeteners, colors, preservatives or flavors.

## CAUTIONS:

Consult a health care practitioner if symptoms persist or worsen or for use beyond 4 months. Consult a health care practitioner prior to use if you are taking blood thinners, anticoagulants, if you are taking products containing acetylsalicylic acid (ASA) or other salicylates, if you have high blood pressure, if you have gallstones, if you have asthma or peptic ulcer disease, if you have anaemia or if you have stomach ulcers or inflammation. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy, if you are pregnant or breastfeeding or if you are allergic to acetylsalicylic acid (ASA) or other salicylates. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. If you experience gastrointestinal symptoms such as nausea, vomiting, abdominal pain, dyspepsia, heartburn or diarrhea, discontinue use and consult a healthcare practitioner. Some people may experience mouth ulcers or soreness and/or gastrointestinal discomfort. Sealed for your protection. Keep sealed, store in a cool, dry place at 15–25°C. **Keep out of reach of children.**

## DID YOU KNOW?

Feverfew, Guarana and Yerba Mate contain a form of caffeine and a mixture of alkaloids that have been traditionally used in combating headaches. Also, Cayenne can improve blood circulation in small vessels including the brain.



## PROVITA - A STORY OF LOVE AND HEALING -

Our founder, Dr. Lucian Delcea, started Provita out of necessity. His wife was ill. And when drugs failed her, he began his search for an alternative. Before Provita launched in 2005, he sifted through countless hours of research; counseling with some of the top European naturopaths to produce more progressive support for the body's functions. Dr. Delcea came to understand the body's healing process; how it could naturally overcome disease. All it needed were triggers to properly recognize and absorb nutrients for self repair. Provita is not just a natural health line - it's an understanding of the body's own mechanisms. Dr. Delcea's now healthy wife is testament to that.

## COMPLEMENTARY PRODUCTS

**Serra-Plus Forte**

**FEEL THE PROVITA DIFFERENCE!**  
**FIND US AT SELECT NATURAL HEALTH STORES**

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