



The University of Newcastle, Australia
Clinical Nutrition Research Centre
School of Biomedical Sciences & Pharmacy
Callaghan NSW 2308

Title: Can Resveratrol Supplementation Mitigate Menstrual Migraine?

Details: The Clinical Nutrition Research Centre, based at the University of Newcastle, is investigating whether resveratrol can prevent menstrual migraines and improve quality of life.

Location: The University of Newcastle, Australia

Start and End Date: February 2020 - December 2020

Inclusion Criteria: You may be eligible to participate in this study if you:

- Are aged between 18 and 50 years
- Have regular periods
- Suffer from migraines that last at least four hours just before or during your period

Participation Requirements: Eligible volunteers will be asked to consume two supplement capsules (placebo or resveratrol) daily for six months and attend our research unit on three occasions to assess blood vessel function in the brain using ultrasound.

Participant Reimbursement: Volunteers will be reimbursed a small sum to cover time and transport costs. A parking permit will also be provided.

Ethics Approval: This project has been approved by the University of Newcastle's Human Research Ethics Committee. Approval no. H-2019-0416.

For more information, please contact Miss Jemima Dzator at the Clinical Nutrition Research Centre.

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Scan QR code to see more about the Menstrual Migraine Study