

Dietary niacin intake linked to migraine in US adults

August 31 2022



Dietary niacin intake is associated with migraine among U.S. adults, with

an L-shaped curve and an inflection point of about 21.0 mg/day, according to a study published online July 25 in *Nutrients*.

Huanxian Liu, M.D., from the Chinese PLA General Hospital in Beijing, and colleagues examined the association between dietary niacin and migraine using cross-sectional data from people aged older than 20 years who participated in the National Health and Nutrition Examination Survey between 1999 and 2004. Data were included for 10,246 participants, of whom 20.1 percent experienced migraines.

The researchers found that the adjusted odds ratio values for dietary niacin intake and migraine were 0.83, 0.74, and 0.72 in quartiles (Q) 2 (12.4 to 18.3 mg/day), Q3 (18.4 to 26.2 mg/day), and Q4 (≥ 26.3 mg/day) of dietary niacin intake, respectively, compared with Q1 (lowest consumption, ≤ 12.3 mg/day). An L-shaped curve was exhibited for the association between niacin intake and migraine. Participants with niacin intake

Citation: Dietary niacin intake linked to migraine in US adults (2022, August 31) retrieved 25 April 2024 from

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