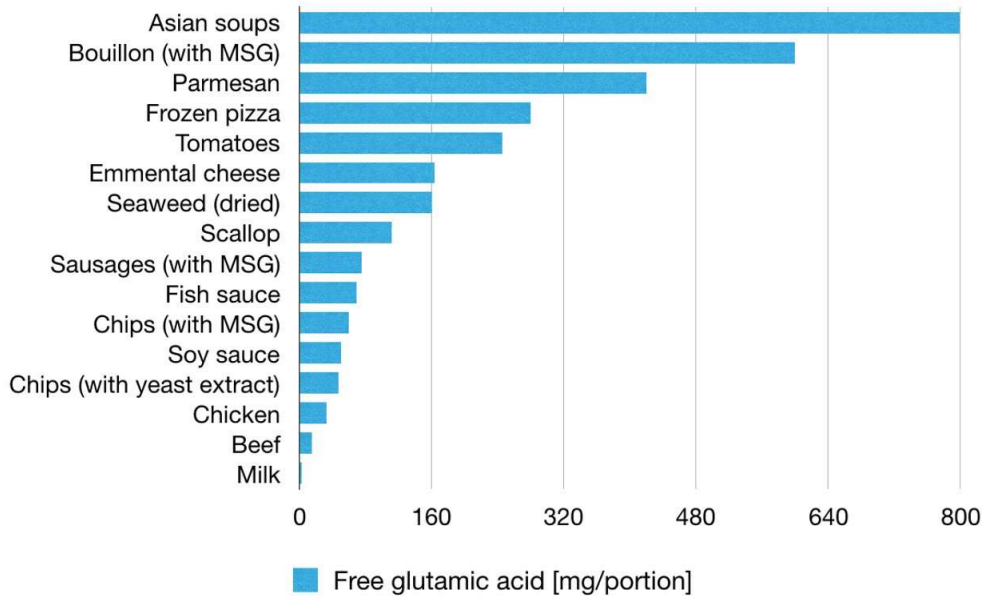
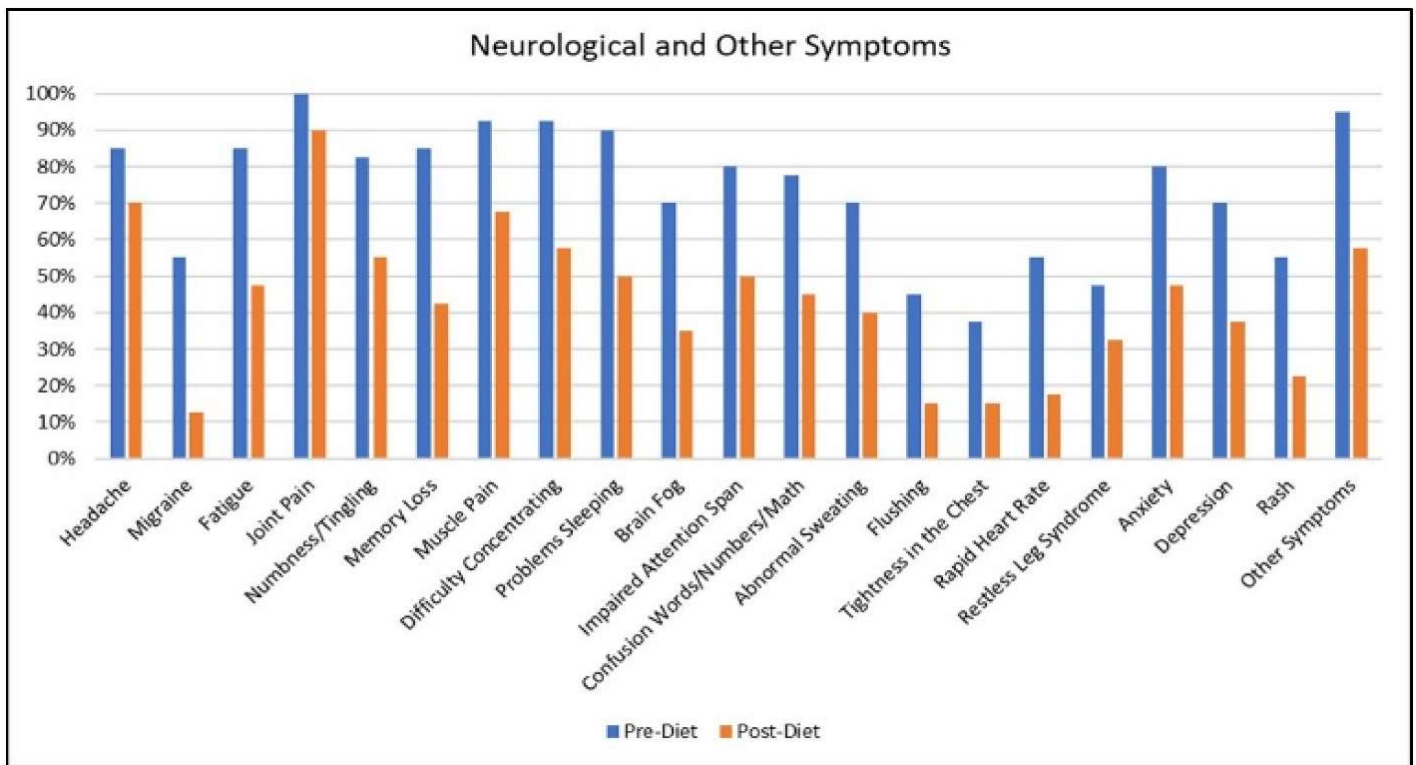


Dear MIGRAINE GUARD consumer , please be informed that according to recent studies published by U-Washington , you will have better chances to reduce your migraines (and other neurological symptoms ) by reducing your Glutamate intake and MSG ( monosodium glutamate) . Below , is a list of high glutamate foods . Please Try to reduce/avoid them .



**PRE-DIET AND POST DIET RESULTS:**



## Tyramine :

High tyramine foods: Higher than 4 better be reduced and more than 6, must be avoided or significantly reduced

