



## Migraine Defense Diary

**Please Read First:** Migraine Defense (MD) is a **migraine preventive that must be taken daily** (twice per day), each and every day, in order for it to work at its best. Please be consistent and use the amount recommended.

It generally takes **about two weeks for MD to reach an appropriate level** in your body to start working. Although you may notice MD working during the first two weeks, when reviewing your diary, please disregard this time period.

The **first signs of MD working** are generally noticed as the severity level of your headache decreases and/or a headache does not last as long as usual. Another good sign is when it feels as though you might be getting a migraine, but then it goes away without causing any problems. You may also find that you can now use OTC medications or the triptan drugs work better and more quickly. Naturally, the best signs are the days when you don't have a headache.

Once MD starts to work, **it will keep improving** to reach its maximum potential. We want to visit with you along the way and ask that you call us at 1-866-367-5953 or email Eileen at [Eileen@Tuliv.com](mailto:Eileen@Tuliv.com) by the end of the fourth week to review your progress. Your diary reveals data about your migraines. Please fax your diary to 405-692-4397, scan and email it to [Eileen@Tuliv.com](mailto:Eileen@Tuliv.com), or mail it to Tuliv PO Box 891466 Oklahoma City, OK 73189-1466.

Occasionally you may experience a breakthrough headache. If this continues, please call us toll free at 1-866-367-5953 so we can help identify the problem and make recommendations to resolve the problem.

Name _____	Phone _____	Email _____
Date of Birth _____	Height _____	Weight _____ Age when migraines started _____
Current Headache Pattern: Days per month affected by migraines _____ Avg. Duration Hours _____ Days _____		
When you do get a migraine, what medications do you take to get rid of it? _____		
What dietary supplements do you use _____		
Date you started taking Migraine Defense: _____		
Women Only: If you take birth control pills or take any type of hormones, please list: _____		
Do you have periods? Y N Do you feel you are in perimenopause or menopause? Y N Had hysterectomy? Y N		

Day of Diary	Number of MD capsules	If no headache circle zero; otherwise, circle pain level. 1 = low; 5 = high	If headache today:			Woman - Period today?	Comments
			Time Started	Time Ended	List how you stopped the headache including name of the drug or OTC.		
1		0 1 2 3 4 5				Y N	
2		0 1 2 3 4 5				Y N	
3		0 1 2 3 4 5				Y N	
4		0 1 2 3 4 5				Y N	
5		0 1 2 3 4 5				Y N	
6		0 1 2 3 4 5				Y N	
7		0 1 2 3 4 5				Y N	
8		0 1 2 3 4 5				Y N	
9		0 1 2 3 4 5				Y N	
10		0 1 2 3 4 5				Y N	
11		0 1 2 3 4 5				Y N	
12		0 1 2 3 4 5				Y N	
13		0 1 2 3 4 5				Y N	
14		0 1 2 3 4 5				Y N	

Day of Diary	Number of MD capsules today	If no headache circle zero; otherwise, circle pain level. 1 = low; 5 = high	If headache today:			Woman – period today?	Comments
			Time Started	Time Ended	How did you stop migraine? List medication or OTC and dosage.		
15		0 1 2 3 4 5				Y N	
16		0 1 2 3 4 5				Y N	
17		0 1 2 3 4 5				Y N	
18		0 1 2 3 4 5				Y N	
19		0 1 2 3 4 5				Y N	
20		0 1 2 3 4 5				Y N	
21		0 1 2 3 4 5				Y N	
22		0 1 2 3 4 5				Y N	
23		0 1 2 3 4 5				Y N	
24		0 1 2 3 4 5				Y N	
25		0 1 2 3 4 5				Y N	
26		0 1 2 3 4 5				Y N	
27		0 1 2 3 4 5				Y N	
28		0 1 2 3 4 5					
29		0 1 2 3 4 5				Y N	
30		0 1 2 3 4 5				Y N	
31		0 1 2 3 4 5				Y N	
32		0 1 2 3 4 5				Y N	
33		0 1 2 3 4 5				Y N	
34		0 1 2 3 4 5				Y N	
35		0 1 2 3 4 5				Y N	
Please call us today at 1-866-367-5953 to review your progress and you will receive free shipping on first reorder.							
36		0 1 2 3 4 5				Y N	
37		0 1 2 3 4 5				Y N	
38		0 1 2 3 4 5				Y N	
39		0 1 2 3 4 5				Y N	
40		0 1 2 3 4 5				Y N	
41		0 1 2 3 4 5				Y N	
42		0 1 2 3 4 5				Y N	
					If you want another copy of this diary, please go to <a href="http://www.tuliv.com">www.tuliv.com</a>		