Claims:

1. Use of an effective amount of a composition comprising an active ingredient, wherein the active ingredient consists of tricaprylin and the tricaprylin has a purity of at least 95% in the manufacture of a medicament for treating or preventing headache in a subject in need thereof.

2. The use of claim 1, wherein the headache is trigeminal autonomic cephalgia.

3. The use of claim 1, wherein the headache is migraine.

4. The use of claim 1, wherein the headache is chronic migraine, wherein the subject experiences at least 15 migraine headaches at baseline, wherein baseline is a consecutive 30 day period prior to the use of the composition.

5. The use of claim 3 or 4, wherein the medicament provides reduction of at least 2 migraine headache days a month from baseline after administration of the medicament for at least 2 months.

6. The use of claim 3 or 4, wherein the medicament provides reduction of at least 4 migraine headache days a month from baseline after administration of the medicament for at least 2 months.

7. The use of claim 4, wherein the medicament provides reduction of at least 8 migraine headache days a month from baseline after administration of the medicament for at least 2 months.

8. The use of claim 4, wherein the medicament provides reduction of at least 10 migraine headache days a month from baseline after administration of the medicament for at least 2 months.

9. The use of claim 3 or 4, wherein the medicament provides for improvement or amelioration in one or more symptoms of migraine selected from: change from baseline in duration of migraine during administration months 1, 2, or 3; change from baseline in duration of migraine of moderate to severe intensity during administration months 1, 2, or 3; the proportion of participants with a 50% reduction from baseline in number of migraine headache days in administration months 1, 2,

or 3; the proportion of participants with a 75% reduction from baseline in number of migraine headache days in administration months 1, 2, or 3; the proportion of participants with a 90% reduction from baseline in number of migraine headache days in administration months 1, 2, or 3; change from baseline in monthly acute migraine medicine use during administration months 1, 2, or 3; change from baseline to time to first usage of acute migraine medication during administration months 1, 2, or 3; change from baseline Headache Impact Test (HIT-6) score at the end of administration months 1, 2, or 3; occurrence migraine associated adverse events including aura, nausea, vomiting.

10. The use of any one of claims 1 to 9, wherein the tricaprylin is to be administered in an amount ranging from 10 g/kg/day to 60 g/kg/day of compound in the composition.

11. The use of any one of claims 1 to 10, wherein the composition is to be administered orally in single or divided doses.

12. The use of any one of claims 1 to 11, wherein the composition is to be administered once, twice, or three times daily.

13. The use of any one of claims 1 to 12, wherein the composition comprises at least about 30 % by weight of the total composition of tricaprylin, and one or more emulsion forming excipients.

14. The use of claim 13, wherein the one or more emulsion forming excipients of the composition are selected from the group consisting of lecithin, hydrogenated castor oils, caprylate esters, sodium oleate, glycerol, citric acid esters of monoglycerides and diglycerides, monoglycerides and diglycerides of fatty acids including Propylene Glycol Monocaprylate, and combinations thereof.

15. The use of claim 13 or 14, wherein the tricaprylin is present in the composition in an amount of between 30% and 60% by weight of the total composition.

16. The use of any one of claims 13 to 15, wherein the one or more emulsion forming excipients are present in the composition in an amount of between 1% and 10% by weight of the total composition.

17. The use of any one of claims 13 to 16, wherein the emulsions exhibit an average particle diameter of less than 0.5 μm for at least one month at ambient conditions, preferrable less than 0.3 μm for at least one month at ambient conditions, preferrable less than 0.2 μm for at least one month at ambient conditions.