

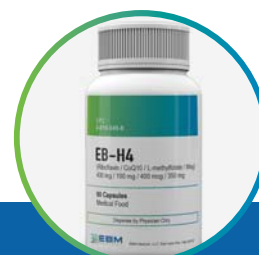
PATIENT INFORMATION



EB-H4

Welcome to EBM Medical. We focus on providing the highest quality active pharmaceutical ingredients supported by evidence based medicine to address the metabolic deficiencies of patients with chronic migraines or headaches.

Your healthcare provider has prescribed a product called EB-H4, intended for the metabolic management of migraines. The active ingredients have been proven to help with decreasing frequency, duration and/or the intensity of headaches and migraines.



EB-H4 ACTIVE INGREDIENTS	BENEFIT
Riboflavin...400mg (Active B ₂)	Several clinical studies suggest that people who get migraines may reduce how often they get migraines and how long the migraines last by taking riboflavin. One double-blind, placebo-controlled study showed that taking 400 mg of riboflavin a day cut the number of migraine attacks in half. ^{1,2,3.}
Coenzyme Q10...100mg (CoQ10)	Plays an important function in every cell of the body. Several studies of patients diagnosed with migraines who were treated with CoQ10 showed reduction of number of headaches. Reduction of migraine was documented in 48 to 61% of patients by more than 50%. The improvement was more appreciated after 3 months of therapy. ^{4,5,6}
L-methylfolate Ca...400mcg (Active Folate)	L-methylfolate is a biologically active form of folate. A significant number of people have a reduced ability to metabolize folate to the active form and studies show that patients who are deficient are at risk for increase frequency or duration of migraines. ⁷
Magnesium Bisglycinate...350mg	Clinical studies have shown that migraineurs have low brain magnesium during migraine attacks ⁸ and may also suffer from magnesium deficiency ^{9,10} . Furthermore, magnesium deficiency may play a particularly important role in menstrual migraine ¹¹ . Two clinical trials have shown that oral magnesium is effective in headache prevention ^{12,13,14} .

NOW THAT I HAVE BEEN PRESCRIBED EB-H4, WHAT ARE THE NEXT STEPS?

STEP 1

A EBM Medical representative will confirm your order via text and will call the number you provided within 24 hours to answer your questions and complete the order.

*You will receive a call from EBM Medical from area code 636.
Please answer to insure your order is filled in a timely manner.

STEP 2

Payment will be conveniently processed by accepting all major credit cards, health savings cards, or electronic checks.

STEP 3

Your 90-day supply will be shipped within 24 hours and conveniently delivered to your door.

How Do I Refill My Order?

Simply contact EBM Medical or sign up for the convenience refill program. Approximately 5 days before you take your last dose of your order, EBM Medical will send you another supply. Do not stop taking EB-H4 without talking to your healthcare provider.

EBM Medical Contact Information
EBMmedical.com
Phone: 1-636-614-3152
Email: support@EBMmedical.com

REFERENCES LISTED ON REVERSE SIDE

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FREQUENTLY ASKED QUESTIONS

Why EBM Medical?

EBM Medical partners with your healthcare provider to offer:

- Highest quality evidence based medical formulas at an affordable price.
- Full service customer support center providing patient education and consulting from a licensed pharmacist.



What is EB-H4?

EB-H4 is a medical food, consisting of four active ingredients required in the metabolic management of chronic headaches and migraines.

What should I expect from EB-H4?

Once your metabolic needs have been met, EB-H4 may help to reduce frequency and intensity of headaches and migraines.

How long does EB-H4 take to work?

Like any other medication, studies have shown it may take six to eight weeks^{1,2,13} to realize an improvement in your symptoms.

How does EB-H4 compare to Over-The-Counter products?

Not all active ingredients at the prescribed dosing are readily available over the counter. EB-H4 delivers the four active ingredients at the accurate dosing in one convenient daily dose.

How Do I Take EB-H4?

The recommended dose of EB-H4 is two capsules daily.

Is EB-H4 Safe?

All ingredients contained in EB-H4 are safe to use at the recommended dose. NOTE: The bright yellow urine is from the natural color of riboflavin and is absolutely harmless.

References:

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