# **PATIENT INFORMATION**





Your healthcare provider has prescribed a product called **EB-S4**, intended for the metabolic management of musculoskeletal conditions. The active ingredients may enhance the body's ability to heal fractures and connective tissue injuries. Being deficient in these nutrients may delay the healing process and increase the risk of post-operative complications.

EB-S4 ACTIVE INGREDIENTS	BENEFIT
Calcium Citrate1200mg	Calcium is a mineral responsible for bone growth, minimizing bone loss, and promoting healthy nerve and muscle function. Vitamin D is required to maximize the absorption of Calcium.  A double-blind study showed that 1000mg Calcium taken daily with Vitamin D <sub>3</sub> demonstrated greater bone density at the fracture site compared to those who took placebo. 1,2
Magnesium Bisglycinate Chelate TRAACS™500mg	Magnesium assists in the absorption of vitamin D and calcium and is increasingly recognized as an important contributor to bone health. One study reported significantly increased bone mineral density with magnesium when compared to a control group. 3,4
Cholecalciferol10,000IU (Active Vitamin D <sub>3</sub> )	Vitamin $D_3$ plays a key role in calcium absorption and, therefore, is required for adequate bone growth and repair. Vitamin D and calcium supplementation can ensure optimal bone recovery & survival. Two clinical studies found a positive effect of vitamin D supplementation and Calcium, with increased bone mineral density at the fracture site. $^{5-7}$
Zinc Bisglycinate Chelate TRAACS™50mg	Zinc encourages bone cell production and is important for the generation of new collagen for healing connective tissue injuries. One study demonstrated significant greater gains in total-body bone mass with Zinc compared to placebo. 8-10

# ◆ NOW THAT I HAVE BEEN PRESCRIBED EB-S4, WHAT ARE THE NEXT STEPS? ◆

STEP 1

An 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 or 844. Please answer to ensure 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 90-day supply. Do not stop taking EB-S4 without talking to your healthcare provider.

### **EBM Medical Contact Information**

EBMmedical.com

Phone: 1-844-360-4095

Email: support@EBMmedical.com

\*Prescription is defined as a medical order written by a licensed health care provider.

"You can opt out of the convenience refill program at any time by contacting

EBM Medical directly.

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#### FREQUENTLY ASKED QUESTIONS

## Why EBM Medical?

#### EBM Medical partners with your healthcare provider to offer:

- High quality evidence based products at an affordable price.
- Full service customer support center providing patient education and consulting from a licensed pharmacist.
- Confidence in knowing that your product cost will be refunded if you experience tolerability issues in the first 7-days.

#### What is EB-S4?

EB-S4 is a medical food, consisting of four active ingredients required in the metabolic management of musculoskeletal conditions.

## What should I expect from EB-S4?

Once your metabolic needs have been met, EB-S4 may help to promote the healing of bone fractures and soft connective tissue injuries.

#### **How does EB-S4 compare to Over-The-Counter products?**

EB-S4 features highly bioavailable forms of each active ingredient associated with bone and soft connective tissue healing in a convenient daily dose.

#### How Do I Take EB-S4?

The recommended dose of EB-S4 is one capsule taken three times daily with food.

### What are the known side effects of the ingredients of EB-S4?

All active ingredients featured in EB-S4 are well tolerated. Patients have reported upset stomach, heartburn and indigestion. Taking EB-S4 with FOOD may minimize most side effects.

EB-S4 vegan capsules are Allergy, Dye and Gluten Free.

#### References:

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a randomized placebo-controlled study. Calcid Tissue Int. 2004 Sep;75(3):183-8.

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3. Stendig-Lindberg G, Tepper R, Leichter I. Trabecular bone density in a two-year controlled trial of peroral magnesium in osteoporosis. Magnes Res 1993; 6(2): 155-63.

4. Vormann, Jürgen. (2016). Magnesium: Nutrition and Homoeostasis. AIMS Public Health. 3. 329-340. 5. Giovanni I, et al. Vitamin D supplementation in fractured patient: how, when and why. Clin Cases Miner Bone Metab. 2009

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7. Gorter EA, et al. The role of vitamin D in human fracture healing: a systematic review of the literature. Bone. 2014 Jul;64:288-97.

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#### **∋**EBM

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