



EB-H4

Welcome to EBM Medical. We provide high quality active pharmaceutical ingredients supported by evidence-based medicine to address chronic metabolic deficiencies.

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

EB-H4

Riboflavin.....400 mg
 Coenzyme Q10.....100 mg
 L-methylfolate calcium.....0.4 mg
 Magnesium bisglycinate.... 350 mg

Dosage:

Adult dose is 2 capsules daily or as directed by physician.



Each vegan capsule is allergen and dye free.

Therapeutic Active Pharmaceutical Ingredient Guide¹⁻⁶

ACTIVE INGREDIENT	DESCRIPTION
Riboflavin [active vitamin B2]	+ Production of energy in the cells
Coenzyme Q10 [antioxidant]	+ Production of energy in the cells - Damage to cells
L-methylfolate* calcium [active folate]	+ Blood flow to the brain
Magnesium bisglycinate [mineral]	+ Production of energy in the cells

*The form of folate that crosses the blood brain barrier

+ increase - decrease



Manufactured in compliance with current Good Manufacturing Practices. [cGMP].



EBM Medical Contact Information

Phone: 1-844-360-4095
 Email: support@EBMmedical.com
 Website: EBMmedical.com

Now that I have been prescribed an EBM Medical product, what are the next steps?



1 Your provider will send your prescription to EBM Medical



2 You will receive a text or email to confirm your order — **To expedite your order, call us at 1-844-360-4095**



3 An EBM representative will contact you to answer your questions and process your payment



4 Within 24 hours, your prescribed formula will be shipped to your door



5 You will receive a confirmation text 10 days before your prescription needs to be refilled

FREQUENTLY ASKED QUESTIONS¹⁻⁶

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?

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

How long does EB-H4 take to work?

Studies have shown it may take six to eight weeks to realize an improvement in your symptoms.

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.

Questions?

Contact EBM at 1-844-360-4095, support@EBMmedical.com, or, visit our website at www.EBMmedical.com

REFERENCES

- Loder E, Burch R, Rizzoli P. The 2012 AHS/AAN Guidelines for Prevention of Episodic Migraine: A summary and comparison with other recent clinical practice guidelines Headache. 2012;52:930-945.
- Shoenen J, Jacquy J, Lenaerts M. Effectiveness of high-dose riboflavin in migraine prophylaxis. A randomized controlled trial. Neurology. 1998;50:446-470.
- Peikert A, Wilimzig C, Kohne-Volland R. Prophylaxis of migraine with oral magnesium: results from a prospective, multi-center, placebo-controlled and double-blind randomized study. Cephalalgia. 1996;16:257-263.
- Loder E, Burch R, Rizzoli P. The 2012 AHS/AAN Guidelines for Prevention of Episodic Migraine: A summary and comparison with other recent clinical practice guidelines. Headache. 2012;52:930-945.
- Sandor PS, Di Clemente L, Coppola G, Saenger U, Fumal A, Magis D, Seidel L, Agnosti RM, Schoenen J. Efficacy of coenzyme Q10 in migraine prophylaxis: A randomized controlled trial. Neurology. 2005;64:713-715.
- Innocenzo Rainero, Alessandro Vacca, Fausto Roveta, Flora Govone, Annalisa Gai & Elisa Rubino (2019) Targeting MTHFR for the treatment of migraines, Expert Opinion on Therapeutic Targets, 23:1, 29-37, DOI: 10.1080/14728222.2019.1549544.