



## EB-N3<sup>DR</sup> / EB-N5<sup>DR</sup> / EB-N6<sup>DR</sup> Delayed Release

**Welcome to EBM Medical.** We provide high quality medical food formulations using USP grade active pharmaceutical ingredients supported by evidence-based medicine to address chronic metabolic deficiencies.

Your healthcare provider has prescribed a product for the metabolic management of deficiencies associated with blood vessel and nerve damage such as peripheral neuropathy.

### EB-N3<sup>DR</sup> Delayed Release\*

L-methylfolate Calcium .....6 mg  
Methylcobalamin..... 4 mg  
Pyridoxal 5'-Phosphate ..... 70 mg  
Riboflavin ..... 1.3 mg

**Dosage:**

Adult dose is 1 capsule daily or as directed by physician.



Each vegan capsule is allergen and dye free.

### EB-N5<sup>DR</sup> Delayed Release\*

L-methylfolate Calcium .....6 mg  
Methylcobalamin..... 4 mg  
Pyridoxal 5'-Phosphate ..... 70 mg  
Alpha Lipoic Acid .....600 mg  
Cholecalciferol ..... 5000 IU

**Dosage:**

Adult dose is 1 capsule twice daily with food or as directed by physician. A.M. & P.M. dosing is recommended.

### EB-N6<sup>DR</sup> Delayed Release\*

L-methylfolate Calcium .....6 mg  
Methylcobalamin..... 4 mg  
Pyridoxal 5'-Phosphate ..... 70 mg  
Alpha Lipoic Acid .....600 mg  
Benfotiamine .....300 mg

**Dosage:**

Adult dose is 1 capsule twice daily with food or as directed by physician. A.M. & P.M. dosing is recommended.



Manufactured in compliance with current Good Manufacturing Practices. [cGMP].  
\*Products feature delayed-release capsules for targeted delivery to promote tolerability.



### EBM Medical Contact Information

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## Therapeutic Active Pharmaceutical Ingredient Guide<sup>1</sup>

ACTIVE INGREDIENT	DESCRIPTION
<b>L-methylfolate Calcium</b> [active folate (pure crystalline)]	+ Blood flow and nerve repair - Homocysteine levels
<b>Methylcobalamin</b> [active Vitamin B <sub>12</sub> ]	+ Peripheral nerve repair - Homocysteine levels
<b>Pyridoxal 5'-Phosphate</b> [active Vitamin B <sub>6</sub> ]	- Harmful substances that damage nerves - Homocysteine levels
<b>Alpha Lipoic Acid</b> [antioxidant]	+ Blood flow to the peripheral nerves - Inflammation
<b>Cholecalciferol</b> [active Vitamin D <sub>3</sub> ]	+ Factors involved with nerve health
<b>Benfotiamine</b> [active Vitamin B <sub>1</sub> ]	- Pathways involved in damaging blood vessels and peripheral nerves
<b>Riboflavin</b> [active Vitamin B <sub>2</sub> ]	- Homocysteine levels

+ increase - decrease

## FREQUENTLY ASKED QUESTIONS

### What are EB-N3<sup>DR</sup>/EB-N5<sup>DR</sup>/EB-N6<sup>DR</sup>?<sup>1</sup>

These products are classified as medical foods, a unique category regulated by the FDA. Medical foods address the metabolic deficiencies associated with diseases to help manage chronic conditions, including blood vessel and nerve damage such as peripheral neuropathy. Medical foods are intended for use under medical supervision.

### What should I expect?<sup>1</sup>

Medical Foods are different from pain medications. While pain medications can help mask painful symptoms, they have a variety of side effects and do not address what's causing the pain.

The active ingredients work together to naturally restore blood flow and help to repair damaged nerves. Because these ingredients work to address the root cause of your symptoms, it may take up to 6 months before you notice a difference.

Once your metabolic needs are met, you may notice a difference in one or more of the following symptoms: Numbness • Burning Pain • Shooting Pain • Tingling • Poor Quality Sleep

### How do I know if it is working?

When evaluating effectiveness, many patients will create a baseline diary of their symptoms. On a scale of 1-10 (10 representing severe), record the frequency, intensity and duration of your symptoms. Following each three-month period, record the difference in your scores.

### How do these medical foods compare to over-the-counter products?<sup>1</sup>

Traditional folic acid must be broken down (activated) in the body before it can be used. Up to 50% of people have a compromised ability to complete this activation due to a genetic variant in the enzyme responsible for folate metabolism called MTHFR c677t. **Our products feature Biofolate<sup>®</sup>, a pure crystalline activated form of folate (L-methylfolate Ca) which is unaffected by the MTHFR c677t variant.**

### What are the side effects?

The active pharmaceutical ingredients in our medical foods are well tolerated and allergen, gluten and dye free. The most common complaints include mild indigestion, upset stomach and headache. If you experience any of these conditions, try taking the capsules with food. If the problem persists, consult your provider.

### How do I refill my order?

Simply call or email EBM Medical at 636-614-3152 or support@ebmmmedical.com. You may also opt in for the EBM Convenience Fill program where EBM will automatically refill your order 10 days prior to your last dosage. Do not stop taking your medical food formula without talking to your healthcare provider.

### REFERENCES

1. Available upon request