

EBM Products Designed to Support Your Health

A Patient's Guide



MEDICAL FOODS



About Medical Foods



Medical foods are considered a unique category regulated by the FDA. Medical foods can help manage chronic conditions by addressing the metabolic deficiencies associated with diseases. They are intended for use under medical supervision.



EBM uses only pharmaceutical-grade ingredients.

Medical foods are beneficial for a variety of conditions, including:

- Mood disorders
- Cognitive disorders
- Migraines
- Peripheral vascular disease
- Peripheral neuropathy
- Diabetes complications
- Chronic pain
- Chronic fatigue
- Fractures
- Rheumatoid arthritis
- Fibromyalgia
- Immune deficiency
- Heart disease



EB-N3® | EB-N5® | EB-N6®
Delayed Release

PATHOLOGY OF PERIPHERAL NEUROPATHY

The active pharmaceutical-grade ingredients work synergistically to help normalize and optimize metabolic factors involved in peripheral nerve and vascular health.

INGREDIENTS

EB-N3 / EB-N5 / EB-N6

All three unique formulations feature the following three key ingredients:

- L-methylfolate calcium..... 6 mg
- Methylcobalamin..... 4 mg
- Pyridoxal 5'-phosphate 70 mg

EB-N3

Riboflavin.....1.3 mg

EB-N5

Alpha-lipoic acid.....600 mg
Cholecalciferol5000 IU

EB-N6

Alpha-lipoic acid.....600 mg
Benfotiamine 300 mg

Dosage

EB-N3 Adult dose is 1 capsule daily or as directed by physician.

EB-N5 / EB-N6 Adult dose is 1 capsule twice daily with food or as directed by physician.
AM and PM dosing is recommended.

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
L-methylfolate calcium [active folate as Biofolate®]	<ul style="list-style-type: none">+ Nitric oxide and nerve blood flow- Homocysteine levels
Methylcobalamin [active vitamin B ₁₂]	<ul style="list-style-type: none">+ Peripheral nerve protein synthesis- Homocysteine levels
Pyridoxal 5'-phosphate [active vitamin B ₆]	<ul style="list-style-type: none">- Advanced glycation end-products- Homocysteine levels
Riboflavin [active vitamin B ₂]	<ul style="list-style-type: none">- Homocysteine levels
Alpha-lipoic acid [antioxidant]	<ul style="list-style-type: none">+ Peripheral nerve blood flow- Oxidative stress
Cholecalciferol [active vitamin D ₃]	<ul style="list-style-type: none">+ Nerve growth factor
Benfotiamine [active vitamin B ₁]	<ul style="list-style-type: none">- Advanced glycation end-products

+ increase - decrease

Each vegan capsule is allergen- and dye-free.

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

*Products feature delayed-release capsules for targeted delivery to promote tolerability.

Actual product size and color may vary.





EB-S4®

MAXIMIZE
BONE DENSITY,
OPTIMIZE
SURGICAL
OUTCOMES,
AND AID
BONE HEALING

Approximately 50% of patients undergoing surgery are malnourished, which impairs healing rates and increases infection risk. The active ingredients in EB-S4® work together to assist in bone healing and optimize surgical outcomes.

INGREDIENTS

- Calcium citrate..... 1200 mg
- Magnesium bisglycinate..... 500 mg
- Vitamin D₃..... 10,000 IU
- Zinc bisglycinate 50 mg

Dosage

Adult dose is 3 capsules daily or as directed by physician.

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Calcium citrate	<ul style="list-style-type: none">+ Bone growth+ Nerve/muscle function- Bone loss
Magnesium bisglycinate	<ul style="list-style-type: none">+ Vitamin D absorption+ Calcium absorption+ Bone density and health
Vitamin D ₃	<ul style="list-style-type: none">+ Calcium absorption
Zinc bisglycinate	<ul style="list-style-type: none">+ Bone cell production+ Collagen production

+ increase - decrease



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EB-L1®

MAXIMIZE
OUTCOMES
FOR BRITTLE,
DISCOLORED
NAILS

The active ingredients in EB-L1® work together to correct the metabolic deficiencies associated with nail strength, thickness, brittleness, and color.

Upon addressing your nutritional deficiencies with EB-L1, you may see an improvement in healthy nail growth, a decrease in nail breaking or splitting, and a positive overall change in nail appearance and color.

INGREDIENTS

- Biotin-D 10 mg
- Cynatine™ HNS 500 mg
- Hydrolyzed type-I collagen 50 mg
- L-methylfolate calcium..... 0.5 mg
- Choline stabilized orthosilicic acid 10 mg

Dosage

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

Speak to your healthcare provider to see if EB-L1 would help improve the appearance of your hair, nails, or skin.

LIVING SILICA®

Living Silica is a registered trademark of Silicium Laboratories LLC.



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

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Biotin-D [active Vitamin B ₇]	+ Nail thickness and strength
Cynatine™ HNS	+ Nail strength, thickness, elasticity, moisture retention, and nail color
Hydrolyzed type-I collagen	+ Nail growth and strength
L-methylfolate calcium [active folate as Biofolate®]	+ Blood flow, nail growth, and nail color
Silicon (LIVING SILICA® orthosilicic acid)	+ Improved nail strength

+ increase

Each vegan capsule is allergen- and dye-free.
Actual product size and color may vary.





EB-A7[®]
Delayed Release

**MAXIMIZE
OUTCOMES FOR
CHRONIC
INFLAMMATION
AND
OSTEOARTHRITIS**

The active ingredients in EB-A7[®] work synergistically for the metabolic management of deficiencies associated with the pain and inflammation of osteoarthritis without compromising the body’s immune system or increasing GI and CVD risk profile, unlike NSAIDs.

After your metabolic needs are met, you may begin to experience less pain and stiffness in your arthritic joints.

INGREDIENTS

- Turmeric curcumin 95%..... 750 mg
- SAM-e (S-adenosyl methionine)..... 600 mg
- Hyaluronic acid 200 mg
- Boswellia extract 65% 100 mg
- Hydrolyzed type-II collagen 40 mg
- BioPerine[®] 5 mg

Dosage

Adult dose is 3 capsules daily or as directed by physician.

Speak to your healthcare provider if you want to eliminate or decrease the amount of NSAIDs required to manage your pain and inflammation.



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Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Turmeric curcumin 95%	- Inflammation, pain, and stiffness
SAM-e (S-adenosyl methionine)	- Inflammation, pain, and stiffness
Hyaluronic acid	- Inflammation; slows the progression of osteoarthritis
Boswellia extract 65%	- Inflammation and pain
Hydrolyzed type-II collagen	- Pain and stiffness
BioPerine[®]	+ Absorption of curcumin

+ increase - decrease

Each vegan capsule is allergen- and dye-free.

Actual product size and color may vary.





EB-MATRIX™

MAXIMIZE
OUTCOMES
FOR WOUND
HEALING



EB-MATRIX™ is a medical food featuring a unique blend of key ingredients to help support wound healing and lower homocysteine levels, known to impair normal wound-healing processes.

Practical applications:

- Diabetic and lower-extremity ulcerations
- Surgical wounds
- Other acute and chronic wounds

INGREDIENTS

L-arginine.....	7 g
L-glutamine.....	7 g
Collagen	2.5 g
Calcium beta hydroxybutyrate.....	1.3 g
Ascorbic acid.....	350 mg
Calcium citrate.....	200 mg
Zinc bisglycinate chelate	50 mg
D-a-tocopheryl acetate	30 mg
Pyridoxal 5'-phosphate	5 mg
L-methylfolate calcium (Biofolate®)	500 mcg
Methylcobalamin.....	200 mcg

Dosage

Mix 1 scoop with 8-10 fl. oz. of juice or water and consume twice daily.

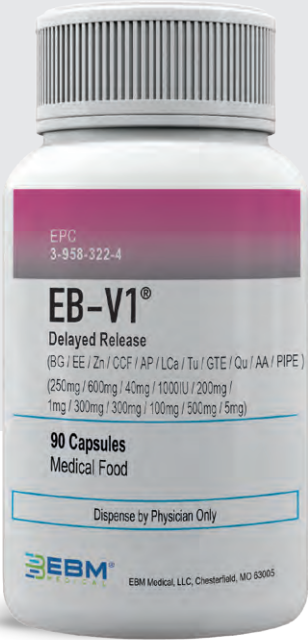


Manufactured in compliance with current Good Manufacturing Practices [cGMP].

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
HMB	+ Slows protein breakdown and enhances tissue growth
Arginine	+ Supports blood flow and vasodilation and builds proteins
Glutamine	+ Supports immune system and new tissue development
Collagen protein	+ Accelerates the rate of wound healing
B vitamins	+ Promotes effective homocysteine metabolism
Micronutrients	+ Aids in wound-healing processes and reduces infection risk

+ increase - decrease



EB-V1[®]
Delayed Release

**IMMUNE SYSTEM
OPTIMIZATION**

Speak to your
healthcare provider
to see if **EB-V1^{DR}**
can help your body's
ability to fight
off infection.

Nutritional deficiency greatly impairs proper functioning of the immune system.

The pharmaceutical-grade active ingredients in EB-V1[®] work together to provide the necessary nutrients to help correct the metabolic deficiencies associated with a compromised immune-system response.

INGREDIENTS

- Beta (1,3/1,6) glucan250 mg
- Elderberry extract 600 mg
- Zinc bisglycinate 40 mg
- Cholecalciferol (Vitamin D₃)1000 IU
- Andrographis paniculata 200 mg
- L-methylfolate calcium as Biofolate[®] 1 mg
- Turmeric curcumin 300 mg
- Green Tea Extract (50% EGCG) 300 mg
- Quercetin 100 mg
- Ascorbic acid..... 500 mg
- BioPerine[®] 5 mg

Dosage

For adults and children 12 years and older, dose is up to 3 capsules daily with food or as directed by healthcare provider.

Each vegan capsule is allergen- and dye-free.

Actual product size and color may vary.

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Beta (1,3/1,6) glucan	+ Activation of immune cells for immune system response
Elderberry extract	+ Blockage of viral proteins - Potential for viral transmission
Zinc bisglycinate	+ Development and growth of the innate immune system
Cholecalciferol (Vitamin D ₃)	+ Adaptive immune response to fight infection
Andrographis paniculata	+ Anti-inflammatory, immuno-stimulant, and antiviral response
L-methylfolate calcium as Biofolate [®]	+ Regulation of immune response
Turmeric curcumin	+ Anti-inflammatory and immunomodulatory response
Green tea extract (50% EGCG)	+ Innate and adaptive immune system functions
Quercetin	+ Anti-inflammatory and immunomodulatory response
Ascorbic acid	+ Antioxidant and anti-inflammatory response
BioPerine [®]	+ Nutrient absorption

+ increase - decrease



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EB-P1® | EB-P2®

Delayed Release

MAXIMIZE OUTCOMES FOR ANTIDEPRESSANT NON-RESPONDERS

The active pharmaceutical-grade ingredients work synergistically to help normalize and optimize metabolic factors involved in the neurotransmitter production associated with mood disorders.

INGREDIENTS

EB-P1

L-methylfolate calcium..... 15 mg
Methylcobalamin.....0.4 mg

EB-P2

L-methylfolate calcium..... 15 mg
Cholecalciferol (Vitamin D₃)5000 IU

Dosage

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

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
L-methylfolate calcium [active folate as Biofolate®]	<ul style="list-style-type: none"> - Homocysteine levels, a known risk factor for mood disorders + Natural chemicals in the brain that affect mood
Methylcobalamin [active vitamin B ₁₂]	
Cholecalciferol (Vitamin D ₃)	<ul style="list-style-type: none"> + Support for growth and survival of neurons + Ability of neurons to adapt and change for maximal function

+ increase - decrease



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

*Products feature delayed-release capsules for targeted delivery to promote tolerability.

Each vegan capsule is allergen- and dye-free.

Actual product size and color may vary.





EB-C3[®]
Delayed Release

**MAXIMIZE
OUTCOMES
FOR COGNITIVE
IMPAIRMENT**

Metabolic deficiencies can reduce the substances that protect the brain, and have been identified as independent risk factors for memory loss. The pharmaceutical-grade active ingredients in EB-C3[®] work together to provide the necessary nutrients to help nourish and protect neurons in the brain.

INGREDIENTS

- L-methylfolate calcium..... 6 mg
- Methylcobalamin..... 2 mg
- N-acetyl L-cysteine 600 mg
- Pyridoxal 5'-phosphate1.7 mg

Dosage

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

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
L-methylfolate calcium [active folate as Biofolate [®]]	+ Acetylcholine, a natural substance in the brain associated with memory
Methylcobalamin [active vitamin B ₁₂]	+ Methylation, a process in the brain required for neuroprotection
N-acetyl L-cysteine [antioxidant]	- Substances harmful to the brain
Pyridoxal 5'- phosphate [active vitamin B ₆]	+ Methylation, a process in the brain required for neuroprotection

+ increase - decrease



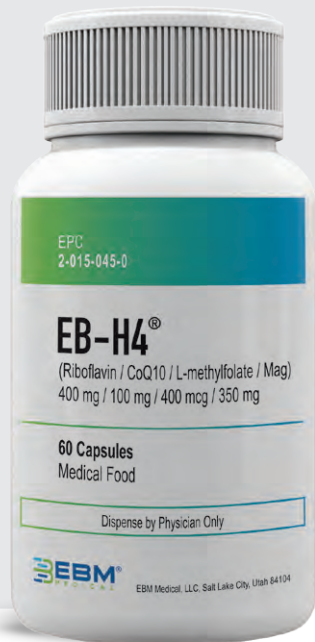
Manufactured in compliance with current Good Manufacturing Practices [cGMP].

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Each vegan capsule is
allergen- and dye-free.

*Actual product size and
color may vary.*





EB-H4[®]

**MAXIMIZE
OUTCOMES
FOR CHRONIC
HEADACHES
AND MIGRAINES**



Decreased levels of the ingredients in EB-H4[®] may play a role in the development of migraines. The pharmaceutical-grade active ingredients in EB-H4[†] work together to provide the necessary nutrients to help correct the deficiencies associated with the frequency, duration, and intensity of migraines.

“EB-H4 is a simple way to deliver in a single dose the nutrients that evidence indicates reduces frequency, duration, and intensity of headaches”

— Merle Diamond, MD, President,
Managing Director, Diamond Headache Clinic

INGREDIENTS

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.



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

[†]Researched and developed in collaboration with Diamond Headache Clinic.

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Riboflavin [active vitamin B ₂]	+ Production of energy in the cells
Coenzyme Q10 [antioxidant]	+ Production of energy in the cells - Damage to cells
L-methylfolate[*] calcium [active folate as Biofolate [®]]	+ Blood flow to the brain
Magnesium bisglycinate [mineral]	+ Production of energy in the cells

^{*}The only form of folate that crosses the blood brain barrier.

+ increase - decrease

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Actual product size and color may vary.



TAKE CARE OF YOUR FEET

Each step you take involves a complex network of bones, muscles, tendons, and ligaments. This, combined with all of the weight they carry, explains why feet can have problems.

To keep your feet healthy:

- Examine your feet regularly
- Wear comfortable shoes that fit
- Wash your feet daily with soap and lukewarm water
- Never go barefoot
- Trim your toenails straight across and not too short. **Have your podiatrist trim your toenails if you have diabetes or can't reach your feet.**

Your foot health can be a clue to your overall health. Good foot care and regular foot checks are an important part of your health care. If you have foot problems, be sure to talk to your doctor.





EB-M4[®]

ADVANCED COLD THERAPY FOR PAIN RELIEF

EB-M4[®] is a topical analgesic that can be applied to the skin providing temporary cooling relief for muscle aches and joint pain.

EB-M4 features a unique combination of menthol, camphor, and eucalyptus allowed to provide quick and long-lasting relief.

INGREDIENTS

Menthol.....	8%
Camphor	8%
Eucalyptus.....	2%

Dosage

Apply up to 1 gram to the affected area 1-4 times daily, or as directed by a healthcare provider.

This product is for use on the skin only. Wash your hands after each application.

Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Menthol	+ Stimulation of cold receptors
Camphor	+ Stimulation of local blood flow to activate nerve endings
Eucalyptus	+ Anti-inflammatory and antimicrobial effects

+ increase - decrease

- Clinically-proven ingredients provide fast and long-acting pain relief
- Topical therapy provides a cooling sensation and increased local blood flow to stimulate nerve endings
- Temporary cooling offers relief for sore muscles, aches and pains, and arthritis



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



EB-PRO 13[®]
**MAXIMIZE
OUTCOMES
FOR DIABETIC
FOOT WOUNDS**

EB-PRO 13[®] is a non-greasy, multipurpose diabetic foot cream containing a clinical concentration of melaleuca alternifolia (13%) for the management of rough, dry diabetic skin.

Practical applications:

- Daily moisturizer
- Post-wound closure
- Relief from rough, dry, cracking feet
- Athlete’s foot, psoriasis, eczema

INGREDIENTS

Melaleuca alternifolia (tea tree oil) 13%

Dosage

Apply up to twice daily to feet, nails, and web spacing between toes, or as directed by a healthcare professional. Do not use on open wounds or sores.



Therapeutic Active Pharmaceutical Ingredient Guide

ACTIVE INGREDIENT	DESCRIPTION
Melaleuca alternifolia 13% (tea tree oil)	<ul style="list-style-type: none">+ Slow or prevent growth of microorganisms+ Increase skin integrity- Reduce inflammation

+ increase - decrease

How is EB-PRO 13 different from other Tea Tree Oil products found over-the-counter?

- Complex manufacturing process to remove the oil and maintain high active-ingredient percentage
- Salt Stable LS Advanced Base allows for a less-sticky appearance and greater ability to carry the active ingredient into the tissue



PLANTAR FASCIITIS

Plantar Fasciitis is a condition caused by the degeneration and inflammation of the plantar fascia where it originates from the heel and is characterized by heel pain with the first few steps after getting out of bed.

As the condition becomes chronic, the healing process cannot keep up with mechanical demands. The patient is left with irritable micro-tears, scar tissue, thickening, and inflammation of the plantar fascia, leading to chronic pain.

Symptoms

Heel pain with weight-bearing or walking (hurts when you step out of bed in the morning)

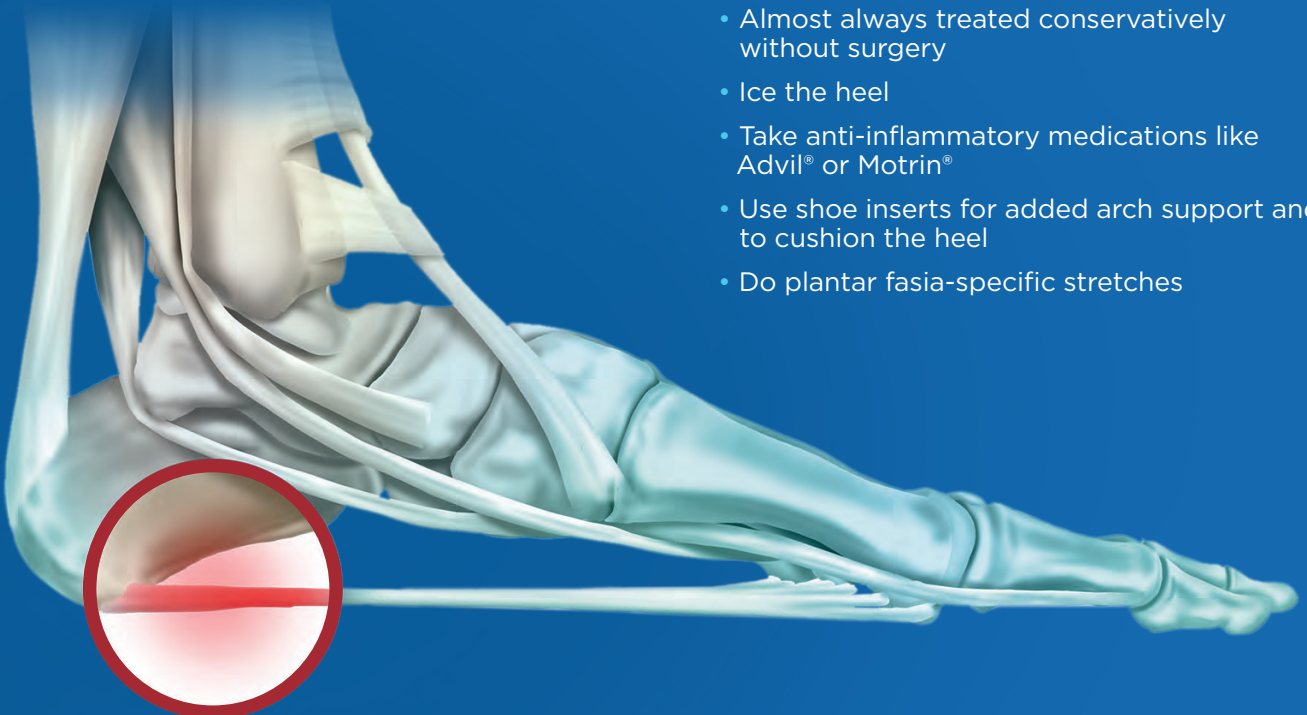
Causes

Plantar fasciitis can happen spontaneously without specific injury, but you have an increased risk if you:

- Are middle-aged
- Are a woman
- Have a job that requires a lot of walking or standing on hard surfaces
- Are a runner
- Have poor flexion (aren't flexible)

Treatment

- Almost always treated conservatively without surgery
- Ice the heel
- Take anti-inflammatory medications like Advil® or Motrin®
- Use shoe inserts for added arch support and to cushion the heel
- Do plantar fascia-specific stretches





Plantar Fasciitis Kit

MAXIMIZE OUTCOMES FOR FOOT PAIN

The plantar fascia is a strong support ligament in the foot that receives significant stress with normal daily activities. This stress can strain the plantar fascia and tighten surrounding muscles in the calf and foot. This kit provides the tools necessary for you to reduce painful symptoms from plantar fasciitis and help you recover more quickly.

KIT INCLUDES

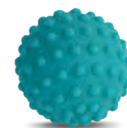
Compression plantar fascia sleeve: Wear daily along with the orthotic insole. The combined support accelerates recovery by reducing swelling, pain, and tightness within the plantar muscles.



Resistance band: Use twice daily at a minimum. First, before getting out of bed in the morning, attach the band to the ball of your foot and gently stretch your foot and calf by pulling the band toward your body. Perform 10 stretches with your knee held straight, and 10 stretches with your knee slightly flexed, holding each stretch for 10 seconds. This will alleviate the initial discomfort of standing and walking in the morning. Then repeat these stretches in the afternoon, holding each stretch for 20 seconds.



Foot massage ball: Use daily, ideally once in the morning for 2-3 minutes just after getting out of bed, and again before going to bed.



OPTIONAL ITEMS



Topical pain cream: Your healthcare provider will choose a specific topical pain cream to alleviate your discomfort and accelerate recovery. Please use as directed by your provider. When applying the pain cream, massage it into the painful area for greatest therapeutic benefit. Massaging the target area will help desensitize it to pain and promote more rapid comfort and relief.

Orthotic insole: Wear this daily, ideally in a supportive shoe such as an athletic or firm dress shoe.



INDIVIDUALIZED MEDICINE WITH SPECIALTY TOPICALS

Maximize efficacy and minimize side effects

We partner with pharmacies to offer customized dosages with combinations of multiple ingredients that are easy to apply and individually made for you.



Micronized USP active pharmaceutical ingredients

- Ideal particle size to maximize tissue penetration
- No crushed tablets or opened capsules



No substitutions or watered-down formulas

- You receive the exact formulation prescribed, every time



Affordable and consistent pricing for a true 30-day fulfillment

- No surprises at the pharmacy counter or in copay or EOB documents
- High-quality, low-cost formulations

Trusted transdermal bases

Antifungal topical cream

- Quick-drying, non-sticky cream base
- Contains penetration enhancers and natural oils
- Proven to penetrate the nail plate



SaltStable LS Advanced™ Pain Management Topical Cream

- Off-white, cosmetically elegant cream
- Formulated with silogel — smooth, silky, dry feel (less sticky/tacky)
- Absorption of up to eight active ingredients in one formulation
- Natural ingredients — less irritation



ABOUT EBM MEDICAL

Our Commitment to You

To provide access to affordable products and services that either are not covered by health insurance or have high out-of-pocket costs.

How We Do It

By sourcing high-quality active pharmaceutical ingredients and partnering with PCAB-accredited pharmacies and FDA-registered cGMP manufacturing facilities, we ensure your formulas are exactly what your healthcare provider has ordered.

Excellent Customer Service

EBM Medical continues to make service our number one priority. Our dedicated team of licensed pharmacy technicians provides personalized service that you deserve.



**PharmD
Consulting**



**Guaranteed
Pricing**



**Patient
Education
Resources**



**Automated Refill
Management
Program**



**Flexible
Payment
Options**



FREE Shipping



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. Shipping is always free.

5



We will manage your refills by sending a confirmation text and email 10 days before your prescription needs to be refilled.

QUESTIONS?

Contact EBM Support at 1-844-360-4095
or support@EBMmedical.com



www.EBMmedical.com

References available upon request.

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