



## EB-L1

**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 EB-L1 for the metabolic management of the deficiencies associated with brittle, discolored and irregular nails.



### EB-L1

- Biotin-D .....10 mg
- Cynatine™ HNS .....500 mg
- Hydrolyzed Type 1 Collagen.....50 mg
- L-methylfolate Calcium .....0.5 mg
- Silicon (LIVING SILICA® Orthosilicic Acid).....10 mg

**Dosage:**

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



Each vegan capsule is allergen and dye free.

### Therapeutic Active Pharmaceutical Ingredient Guide<sup>1-7</sup>

ACTIVE INGREDIENT	DESCRIPTION
<b>Biotin-D</b> [active Vitamin B <sub>7</sub> ]	+ Nail thickness and strength
<b>Cynatine™ HNS</b>	+ Nail strength, thickness, elasticity, moisture retention, and regulates nail color
<b>Hydrolyzed Type 1 Collagen</b>	+ Nail growth and strength
<b>L-methylfolate Calcium</b> [active folate (pure crystalline)]	+ Blood flow, nail growth, and regulates nail color
<b>Silicon (LIVING SILICA® Orthosilicic Acid)</b>	+ Improves nail strength

+ increase



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

### Questions?

Contact EBM at 1-844-360-4095, support@EBMmedical.com, or visit our website at [www.EBMmedical.com](http://www.EBMmedical.com)

## FREQUENTLY ASKED QUESTIONS<sup>1-7</sup>

### What is EB-L1?

This product is classified as a medical food, a unique category regulated by the FDA. Medical foods address the metabolic deficiencies associated with diseases to help manage chronic conditions, including brittle, discolored and irregular nails. Medical foods are intended for use under medical supervision.

### What should I expect?

The active ingredients in EB-L1 work together to correct the deficiencies associated with nail strength, thickness, brittleness, and color. Upon addressing your nutritional deficiencies with EB-L1, you may see an increase in healthy nail growth, a decrease in nail breaking/splitting, and a positive overall change in nail appearance and color.

### How does this medical food compare to over-the-counter products?

Once ingested, many over-the-counter supplements require an activation step within the body. The ingredients in EB-L1 are already provided in their active forms, increasing the amount that enters the circulation and maximizing the potential for clinical benefit. The combination of active ingredients found in EB-L1, at the prescribed doses, are available through your healthcare provider.

### Is EB-L1 safe?

The active pharmaceutical ingredients in EB-L1 are well tolerated and allergen, gluten and dye free. The most common complaint includes mild upset stomach. If you experience this, try taking the capsules with food. If the problem persists, consult your provider.

#### REFERENCES

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4. Colombo VE, Gerber F, Bronhofer M, Floersheim GL. Treatment of brittle fingernails and onychoschizia with biotin: scanning electron microscopy. 1990; 23 (6 Pt 1): 1127-32.
5. Hochman LG, Scher RK, Meyerson MS. Brittle nails: response to daily biotin supplementation. *Cutis*. 1993; 51(4): 303-5.
6. Barel A, Calomme M, Timchenko A, De Paepe K, Demeester N, Rogiers V, Clarys P, Vanden Berghe D. Effect of oral intake of choline-stabilized orthosilicic acid on skin, nails, and hair in women with photodamaged skin. *Arch Dermatol Res*. 2005. 297(4): 147-53.
7. Singal A, Arora R. Nail as a window of systemic disease. *Indian Dermatology Online Journal*. 6(2): 67-74.