



## 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
- Choline Stabilized 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>Choline Stabilized Orthosilicic Acid</b> [active silicon]	+ Improves nail strength

+ increase



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

#### EBM Medical Contact Information

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 Website: 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.

### How do I refill my order?

Simply call or email EBM Medical at 636-614-3152 or [support@ebmmmedical.com](mailto: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

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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.