



## EB-P1® / EB-P2® 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 EB-P1® or EB-P2® for the metabolic management of vitamin D and/or folate deficiencies associated with mood disorders.

## EB-P1® / EB-P2® Delayed Release\*

### EB-P1

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

### EB-P2

L-methylfolate calcium .....15 mg  
Vitamin D<sub>3</sub> ..... 5000 IU

### 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

ACTIVE INGREDIENT	DESCRIPTION
<b>L-methylfolate Calcium</b> [active folate (pure crystalline)]	- Homocysteine levels, a known risk factor for mood disorders
<b>Methylcobalamin</b> [active Vitamin B <sub>12</sub> ]	+ Natural chemicals in the brain that affect mood
<b>Cholecalciferol</b> (vitamin D <sub>3</sub> )	+ 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.



### EBM Medical Contact Information

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## FREQUENTLY ASKED QUESTIONS

### What are EB-P1® and EB-P2®?

EB-P1® and EB-P2® are oral capsules classified as medical foods, a unique category regulated by the FDA. Medical foods address the distinct nutritional requirements associated with a disease to help manage a specific chronic condition, including mood disorders such as depression.

Other conditions may include patients with vitamin D deficiency or a reduced ability to effectively metabolize folic acid into its active form L-methylfolate, due to a genetic variant in the enzyme responsible for folate metabolism called MTHFR c677t. Medical foods are intended for use under medical supervision.

### What should I expect?

Low folate levels in the brain may result in a partial response to your antidepressant. In fact, two out of three depressed patients do not have an adequate response to their initial antidepressant therapy.

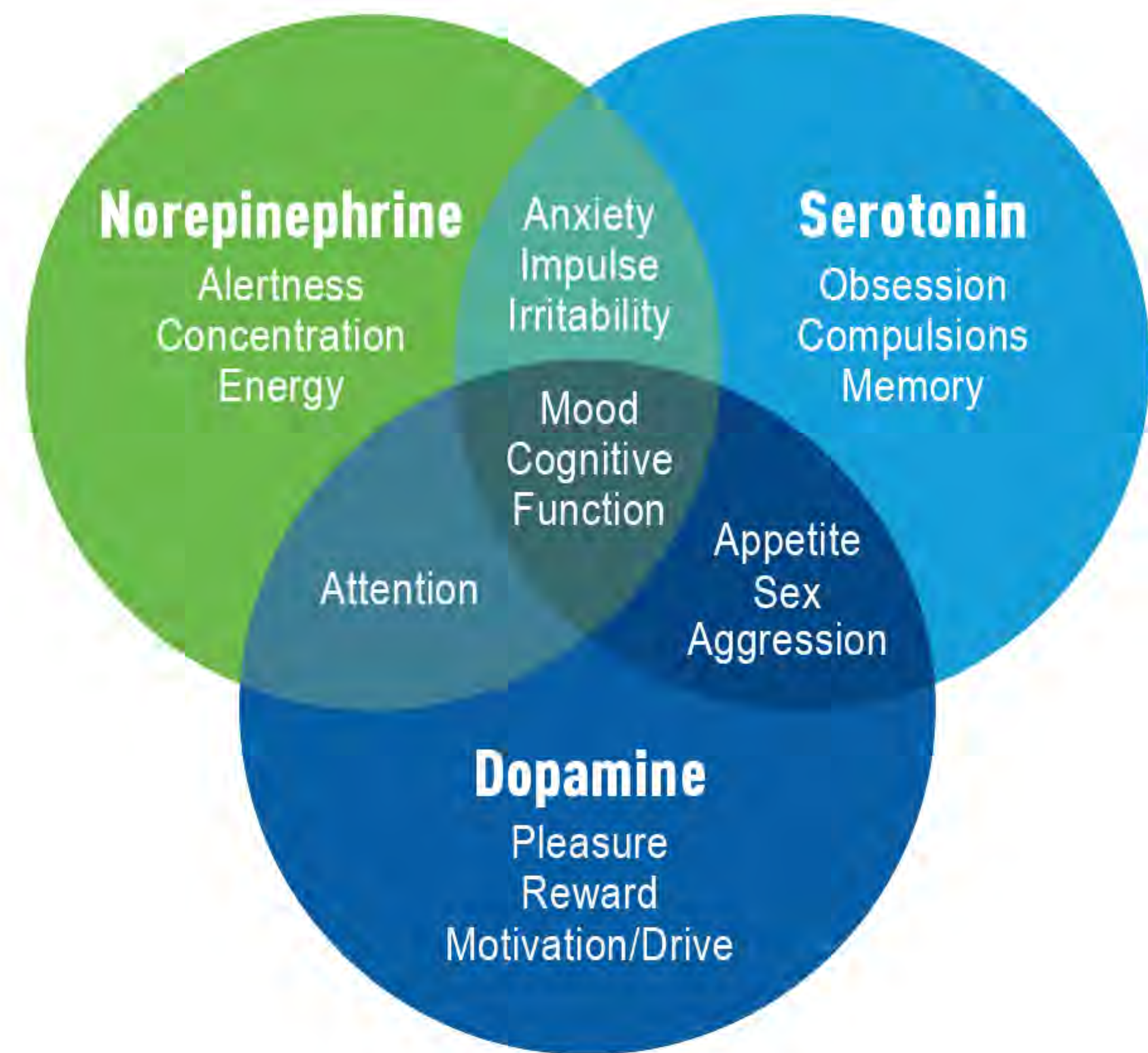
EB-P1® features L-methylfolate Calcium and Methylcobalamin — the active forms of folate and vitamin B<sub>12</sub> — to help promote the production of natural chemicals in the brain that affect mood and help you achieve the most from your antidepressant therapy. In addition to L-methylfolate, EB-P2® features vitamin D<sub>3</sub>, shown to increase the ability of brain cells to adapt and change for maximal function.

### What are the side effects?

The active pharmaceutical ingredients in EB-P1® and EB-P2® are well tolerated and allergen-, gluten- and dye-free. The most common complaints include 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?

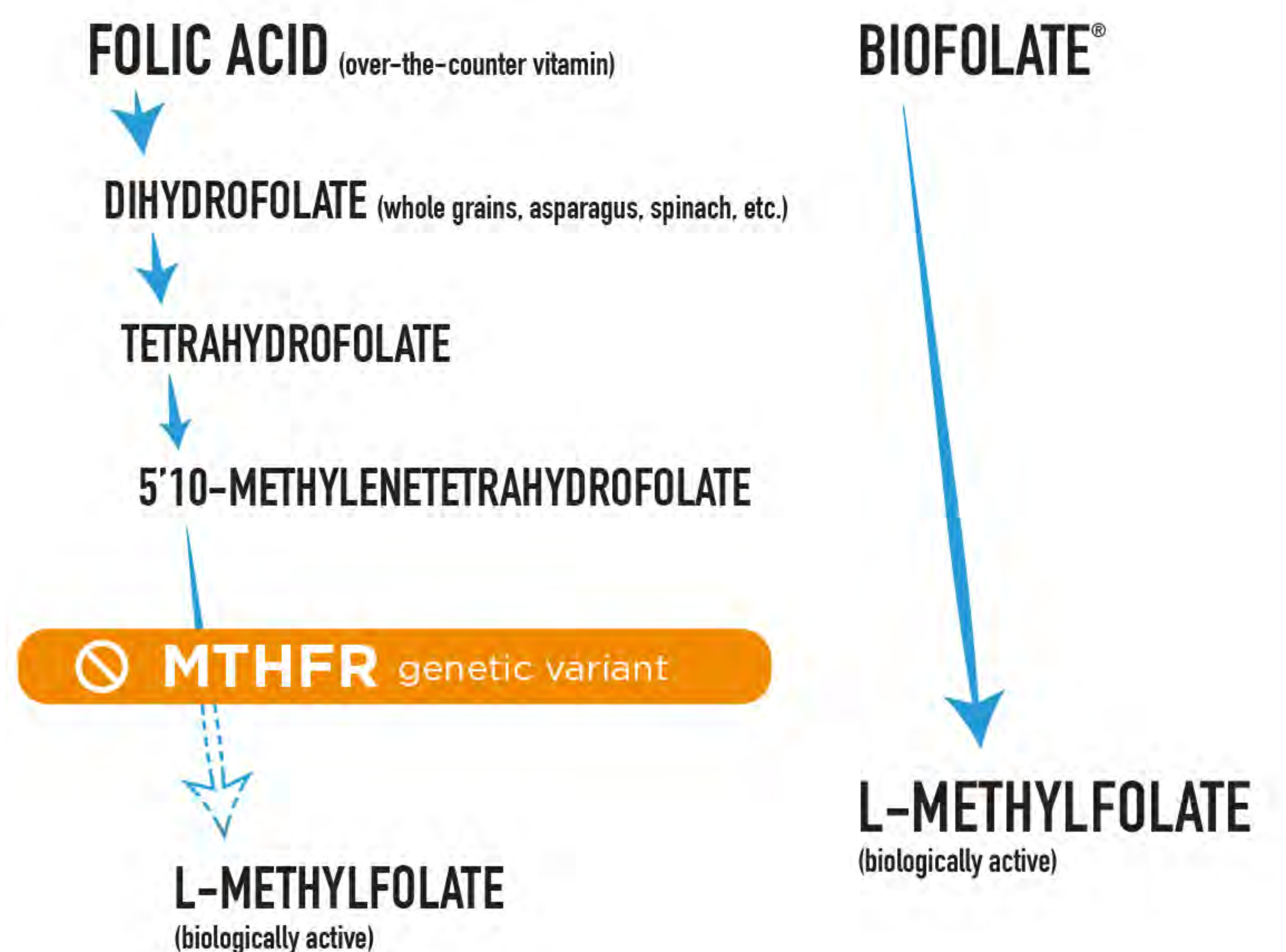
Simply contact EBM Medical or sign up for the convenience refill program. Approximately 10 days before you take your last dose of your order, EBM Medical will send you another 90-day supply. Do not stop taking EB-P1® or EB-P2® without talking to your healthcare provider.



Neurotransmitters Work Together for Overall Mental Health

### How do EB-P1® and EB-P2® compare to over-the-counter products?

Traditional folic acid must be broken down (activated) in the body before it can be used. Up to 70% of people with mood disorders have a compromised ability to complete this activation due to a genetic variant in the enzyme responsible for folate metabolism called MTHFR c677t. **EB-P1® and EB-P2® feature Biofolate®, the patented pure crystalline activated form of folate which is unaffected by the MTHFR c677t variant.**



References available upon request.