

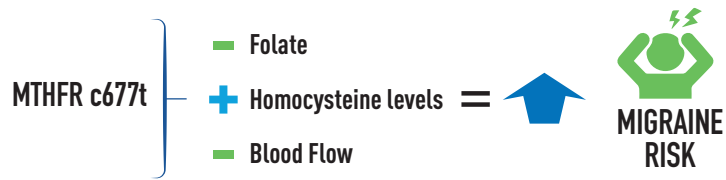
The role of genetics in migraine²⁴

You get half of your genes from mom and the other half from dad. It is thought that there may be a genetic predisposition to migraine as it often runs in families.

One such gene variant is called MTHFR c677t, an enzyme needed for conversion of folic acid and dietary folate to its active form, L-methylfolate.

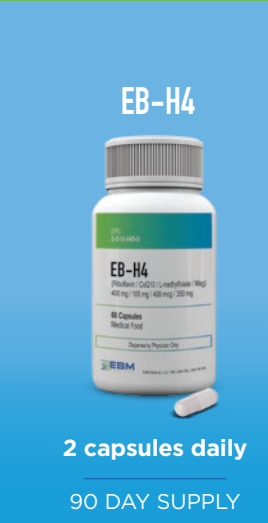
Up to 50% of people have the MTHFR genetic variant and are unable to fully complete this activation and have additional folate needs.

L-methylfolate Calcium is unaffected by the MTHFR variant and is the only form of folate that crosses the blood brain barrier.



People who suffer from migraines tend to have the MTHFR c677t genetic variant and are significantly more likely to have folate deficiency and elevated levels of an amino acid in their blood called homocysteine. These elevated levels damage blood vessels and nerves and may lead to migraines.

The EB-H4 formulation was researched and developed in collaboration with the Diamond Headache Clinic. www.diamondheadache.com



Metabolic management of migraines^{25-28, 30}

Decreased levels of riboflavin, magnesium, and coenzyme Q10 and deficiencies in folate in plasma and in the brain might 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.

Each capsule is allergen and dye free.

EB-H4 Ingredient Guide^{25-28, 30}

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] <small>*The only form of folate that crosses the blood brain barrier</small>	+ Blood flow to the brain
Magnesium Bisglycinate [mineral]	+ Production of energy in the cells

+ increase - decrease

- 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.



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

Manufactured in compliance with current Good Manufacturing Practices [cGMP]

