PATIENT INFORMATION

METABOLIC SOLUTION FOR
MUSCULOSKELETAL CONDITIONS

EB-S4® / EB-S5™

Welcome to EBM Medical. We specialize in providing high-quality, evidence-based pharmaceutical ingredients designed to support chronic metabolic deficiencies.

Your healthcare provider has recommended EB-S4 or EB-S5 to support the metabolic management of musculoskeletal health. These formulations may help enhance your body's ability to heal fractures and connective tissue injuries. Nutritional deficiencies in these areas can slow the healing process and increase the risk of complications after surgery.

EB-S4 / EB-S5

Calcium citrate..... 1200 mg
Magnesium bisglycinate....500 mg
Vitamin D_3.....10,000 IU
Zinc bisglycinate .....50 mg
Vitamin K2 (MK7) .....200 mcg

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

Each vegan capsule is allergen and dye free.

Therapeutic Active Pharmaceutical Ingredient Guide[1-9]

ACTIVE INGREDIENT	DESCRIPTION
Calcium citrate	+ Bone growth + Nerve/muscle function – Bone loss
Magnesium bisglycinate	+ Vitamin D absorption – Calcium absorption + Bone density and health
Vitamin D_3	+ Calcium absorption
Zinc bisglycinate	+ Bone cell production + Collagen production
Vitamin K2	+ Calcium metabolism and bone health

*Vitamin K2 is featured exclusively in EB-S5.

+ increase – decrease

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

EBM MEDICAL

EBM Medical Contact Information

Phone: 1-844-360-4095
Email: support@EBMmedical.com
Website: EBMmedical.com

FREQUENTLY ASKED QUESTIONS

What is EB-S4/EB-S5?

EB-S4/EB-S5 are medical foods, consisting of active ingredients required in the metabolic management of musculoskeletal conditions.

What should I expect?

Once your metabolic needs have been met, EB-S4/EB-S5 may help to promote the healing of bone fractures and soft connective tissue injuries.

How do these medical foods compare to over-the-counter products?

EB-S4 and EB-S5 are medical foods that contains pharmaceutical-grade, therapeutic doses of clinically supported ingredients.

How do I take EB-S4/EB-S5?

The recommended dose of EB-S4/EB-S5 is one capsule taken three times daily with food, titrated as necessary.

What are the known side effects of the ingredients of EB-S4/EB-S5?

All active ingredients featured in EB-S4/EB-S5 are well tolerated. Patients have reported upset stomach, heartburn and indigestion. Taking EB-S4/EB-S5 with FOOD may minimize most side effects. EB-S4/EB-S5 vegan capsules are allergy, dye and gluten free.

What are the contraindications with EB-S5?

The active ingredient, Vitamin K2 can interfere with warfarin [name brand Coumadin], potentially reducing its effectiveness and increasing the risk of clotting. Therefore, those on blood thinners should consult their healthcare provider before starting Vitamin K2 supplements.

Additionally, individuals with certain conditions that affect blood clotting should discuss Vitamin K2 with their doctor.

How do I refill my order?

Simply call or email EBM Medical at 636-614-3152 or support@ebmmedical.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.

Questions?

Contact EBM at 1-844-360-4095,
support@EBMmedical.com, or, visit
our website at www.EBMmedical.com

REFERENCES

1. Wallace TC, McBurney M, Fulgoni VL, 3rd. Multivitamin/mineral supplement contribution to micronutrient intakes in the United States, 2007-2010. J Am Coll Nutr. 2014;33(2):94-102.
2. Place HM, Enzenauer RJ, Muff BJ, Ziporin PJ, Brown CW. Hypomagnesemia in postoperative spine fusion patients. Spine (Phila Pa 1976) 1996;21:2268–2272.
3. Athanasios Karpouzos et al. "Nutritional Aspects of Bone Health and Fracture Healing," Journal of Osteoporosis, vol. 2017, Article ID 4218472, 10 pages, 2017. https://doi.org/10.1155/2017/4218472.
4. Gorter EA, Hamdy NA, Appelman-Dijkstra NM, Schipper IB. The role of vitamin D in human fracture healing: a systematic review of the literature. Bone 2014;64:288-297.
5. Iglar PJ, Hogan KJ. Vitamin D status and surgical outcomes: a systematic review. Patient Saf Surg. 2015;9:14. Published 2015 Apr 30.
6. Busse, Björn & Bale et al. (2013). Vitamin D Deficiency Induces Early Signs of Aging in Human Bone, Increasing the Risk of Fracture. Science translational medicine. 5. 193ra88.
7. Yamaguchi, Masayoshi. (2010). Role of Nutritional Zinc in the Prevention of Osteoporosis. Molecular and cellular biochemistry. 338. 241-54.
8. Gai, P. & Sun, H. & Sui, L. & Wang, G.. (2016). Hypocalcaemia After Total Knee Arthroplasty and its Clinical Significance. 36. 1309-1311.
9. EB Fung, etal. Zinc supplementation improves bone density in patients with thalassemia: a double-blind, randomized, placebocontrolled trial. Am J Clin Nutr 2013;98:960–71.

Distributed by: ©2025 EBM Medical, LLC | Chesterfield, Missouri 63005 | Printed in U.S.A. | All rights reserved