

A PLAIN-LANGUAGE EXPLAINER

EBC-46 Blushwood Berry Extract: The Science, the Dosing, and What to Actually Expect.

A 6-minute read from the Blushwood Health team —
reviewed by our independent medical advisor.

MEDICALLY REVIEWED

Board-Certified Internal Medicine · 25+ Years Clinical Experience
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INTRODUCTION

Why we wrote this.

You're reading this because you want a real, evidence-based understanding of EBC-46 — the bioactive compound extracted from the seeds of the Australian Blushwood tree (*Fontainea picrosperma*). What it actually is, how to take it, and what to realistically expect. We wrote this for anyone who'd rather read the qualifiers than the hype.

We're Blushwood Health. We make the supplements. Because we hold ourselves to a higher standard than most of the supplement industry, we asked Dr. Annmarie Kyle, M.D. — a board-certified Internal Medicine physician with 25+ years of clinical experience — to serve as our independent medical advisor. She reviews our product compositions, ingredient information, educational articles and product pages. Her role isn't to endorse — it's to keep our language responsible and aligned with what the published research actually shows.

This explainer summarizes the evidence she worked through when she agreed to advise us. We've written it the way we'd want a careful buyer to read it: plain language, no hype, with the qualifiers the FDA expects.

"I can see why people are so excited about EBC-46. But I want to give you a really evidence-based perspective — not a marketing one."

— DR. ANNMARIE KYLE, M.D., INDEPENDENT MEDICAL ADVISOR

What you'll get from this 6-minute read

- **What EBC-46 actually is** — and what published research has documented
- **The dosing protocol Dr. Kyle recommends** for capsules and tincture, and why timing matters
- **A realistic timeline** of what to notice and when
- **Four common mistakes** that prevent people from getting any benefit
- **The quality standards we meet** that most supplement brands don't

What EBC-46 actually is (and isn't).

EBC-46 is a **single isolated bioactive compound** — not a blend, not an herb, not a multi-vitamin. It's extracted from the seeds of the Blushwood tree, native to the Daintree Rainforest in Queensland, Australia.

Its full scientific name is **tigilanol tiglate**. It was first characterized by researchers at QIMR Berghofer Medical Research Institute, who published their initial discovery in 2014. Since then, the compound has been the subject of more than 50 peer-reviewed scientific publications, including a Phase I clinical study (EBioMedicine) evaluating its safety profile in humans.

The mechanism, in plain language

EBC-46 activates a cellular signaling pathway called **Protein Kinase C (PKC)**. This pathway is part of how your cells communicate about inflammation, immune response, and tissue repair. The activation has been documented in pre-clinical models and in early-stage clinical research.

AN IMPORTANT NOTE ON WHAT THIS MEANS

Most published research on EBC-46 is **preclinical** — meaning it's been studied in laboratory and animal models. The Phase I human clinical work focused on a different administration route (intratumoral injection) than the oral capsules and sublingual tincture sold as dietary supplements. The supplements are intended for general wellness support — not to treat any specific condition.

Why this compound is unusual

- **It's a single molecule** — most natural products are extracts containing dozens or hundreds of compounds. EBC-46 has a defined chemical structure, which means dosing can be precise.
- **It's rare** — the Blushwood tree only grows in a specific Australian rainforest microclimate. Cultivation is limited and slow.
- **The research base is unusual for a supplement** — peer-reviewed publications across PLoS ONE, EBioMedicine, and registered trials on ClinicalTrials.gov.

What we actually test for — and where to find the certificates.

Most supplement companies say "third-party tested" without ever showing the certificate. We take a different approach: **every batch of Blushwood Health products is independently tested by Eurofins** — one of the world's most trusted analytical laboratory networks — and the Certificates of Analysis are **publicly downloadable from our website** at all times.

The two test panels every batch goes through

| Test panel | What we measure |
|--------------|---|
| Heavy metals | Arsenic (As), Lead (Pb), Cadmium (Cd), Mercury (Hg) |
| Microbiology | Aerobic Plate Count, Escherichia coli , Yeast, Moulds, Salmonella |

Results are measured against international food safety standards including the Swedish National Food Agency guidelines. Only batches that pass **every** test are released for sale. No exceptions.

- Every batch tested
- Eurofins · Sweden
- EU regulatory standards
- COAs publicly downloadable

Why this matters for you

Most over-the-counter supplements in the U.S. are not consistently tested for contaminants like lead, mercury, or arsenic. A 2018 analysis of common supplements found troubling levels of heavy metals in a meaningful percentage of products tested. We publish our Eurofins reports because we want you to be able to verify the claims — not just take our word for it.

DOWNLOAD ANY BATCH'S CERTIFICATE

You can download the Heavy Metals and Microbiology Certificates of Analysis directly from our website at blushwood.health/pages/ebc-46-lab-tests. The reports are kept current with every production batch.

"I'd want my own family taking a supplement that's tested this rigorously, with the certificates made public. That's not standard in this industry."

The dosing protocol we recommend.

Botanical compounds work differently from pharmaceuticals. They support the body's own biological processes gradually, through cumulative exposure. **Consistency matters more than perfect timing.**

Capsule protocol

MORNING

1 capsule on waking

Before breakfast, with a full glass of water.

AFTERNOON

1 capsule mid-day

Between meals, ideally 2–3 hours after lunch.

EVENING

1 capsule before bed

Before any evening food or snack.

For targeted support: Increase to 2 capsules three times daily (same timing pattern).

Tincture protocol (sublingual)

- **General wellness:** 0.5 ml (½ dropper) three times daily — held under the tongue for 60–90 seconds before swallowing
- **Targeted support:** 1 ml (1 full dropper) three times daily — same sublingual method

Topical application (tincture only)

Apply to clean, dry skin. Massage gently until absorbed. Use 1–2 times daily on the area of focus.

WHY ON AN EMPTY STOMACH?

EBC-46 is fat-soluble. Taken without food, it absorbs more cleanly and consistently — which is how the dosing was studied. Sublingual delivery (with the tincture) bypasses first-pass digestion entirely, which can enhance bioavailability for certain compounds.

What to expect — week by week.

This is the part most supplement companies skip. Customers stop too early because they expected drug-like effects. Here's a realistic timeline based on what people consistently report.

WEEKS 1–2

Adjustment phase

Minimal noticeable change. The body is adapting to consistent exposure and early cellular signaling is initiating without producing outward sensations. This is normal. Don't quit.

WEEKS 2–4

Early shifts

Subtle improvements — most commonly steadier energy through the day, mild improvements in digestive comfort, a general sense of well-being. Track these — they're easy to overlook.

WEEKS 6–8

More noticeable support

This is when most customers report meaningful changes — improved joint comfort, reduced inflammatory sensations, better mobility. Inflammation-related signaling pathways simply take this long to modulate.

MONTHS 3–6

Long-term support

The deeper outcomes — immune resilience, sustained functional support, cellular-level effects. This is where the "compound builds in your system" benefit emerges.

By specific goal

- **Energy & vitality:** Earliest changes (2–4 weeks). Described as steadier rather than stimulating.
- **Inflammation & joint comfort:** Most commonly 6–8 weeks.
- **Skin (topical tincture):** Visible changes 2–4 weeks; deeper improvements 6–12 weeks.
- **Immune resilience:** Long-term outcome; many report benefits after 3–6 months.

Everyone's biology is different. Your individual timeline may vary from these reported averages.

Four mistakes that prevent results.

Mistake #1 — Stopping too early

By far the most common. People give up after 2–3 weeks because they don't feel anything. The published research and the customer-reported data both agree: botanical compounds require **at least 6–8 weeks** of consistent daily use before most people notice meaningful change.

Mistake #2 — Inconsistent dosing

Skipping doses dramatically reduces effectiveness. Nutritional science consistently shows that **daily consistency drives perceived benefit** — far more than dose size. One capsule taken every day will outperform two capsules taken sporadically.

Mistake #3 — Expecting drug-like effects

Natural supplements support normal physiology rather than overriding it. The effects are gentler than pharmaceutical interventions — that's not a flaw, it's the mechanism. If you're expecting the feeling of a stimulant or a painkiller, you'll be disappointed and you'll quit.

Mistake #4 — Not tracking progress

Gradual improvements get overlooked. **Keep a weekly note** — energy, sleep, joint comfort, digestion. Read it back at week 6. The trend is usually clearer than the day-to-day.

Common questions, briefly answered

Is this a medicine? No. These are dietary supplements, not intended to diagnose, treat, cure, or prevent any disease.

Are there side effects? The Phase I safety study and consumer use have not surfaced common side effects at standard doses. If you experience anything unusual, discontinue and contact us.

Can I take it with other supplements? Generally yes. If you take prescription medications or have a medical condition, consult your healthcare provider before starting.

Pregnancy or breastfeeding? Not recommended — there is not enough research in these populations to characterize safety.

CLOSING

Our honest read after the research.

We've worked on EBC-46 for years. We've published every Eurofins certificate. We've asked a board-certified MD to review every claim before it goes out. We've done this because the supplement industry overwhelmingly does not — and we think buyers deserve better.

This is what we'd want you to know after a 6-minute read:

- The research base is real and ongoing — not a single study cited out of context.
- The quality testing is independent, public, and consistently strong — and you can download every certificate yourself.
- The compound isn't a miracle. It's a tool. Given consistency and time, the people who give it 6–8 weeks of daily use tend to report meaningful change.

"The most important factor in any natural supplement routine is consistency. When botanical compounds are taken correctly and given sufficient time, they provide meaningful, gentle support that works in harmony with the body — not against it."

— DR. ANNMARIE KYLE, M.D., INDEPENDENT MEDICAL ADVISOR

If you want to go deeper

- Original 2014 discovery papers — search "tigilanol tiglate QIMR Berghofer"
- Phase I human safety study — EBioMedicine
- Registered ongoing research — ClinicalTrials.gov, search "tigilanol tiglate"
- Every batch's COA — blushwood.health/pages/ebc-46-lab-tests

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