



Fuel the Brain

# Welcome to Axona®



## Simple instructions for patients and caregivers

Add Axona to your Alzheimer’s disease regimen to enhance memory and cognition. It is a prescription **medical food** intended for the clinical dietary management of the metabolic processes associated with mild to moderate Alzheimer’s disease.

**Use these tips to start and stick with Axona.**

### Start off right\*

To experience the benefits of Axona, help your body adjust smoothly and reduce the potential for gas, bloating, heartburn, or diarrhea by following the Graduated Dosing Plans below.

## Using the 7-Day Patient Starter Kit



Use the number of Axona packets shown for each of the first 7 days							Day 8 (and beyond)
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Begin 1 40-g packet daily
1 packet	1 packet	2 packets	2 packets	3 packets	3 packets	4 packets	

## Using the full-size packets in the 30-day box



Use the amount of Axona indicated for each of the first 7 days							Day 8 (and beyond)
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Begin 1 40-g packet daily
1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons	

**We are here to help. Call us with any questions at 1-877-649-0004.**

\*Please see full prescribing information at [www.about-axona.com](http://www.about-axona.com) for instructions if Axona packaging materials are unavailable.



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# Mixing Axona<sup>®</sup> is simple

Follow these 3 easy steps once a day.

**1** Add Axona to 4 to 8 ounces of cool water. Shake or blend it until fully mixed.

- You may mix Axona with other liquids or soft foods such as juice, milk, a meal replacement drink, oatmeal, yogurt, pudding, or ice cream

**2** Axona should be taken 15 to 30 minutes after a full meal (preferably breakfast or lunch, whichever is larger), once a day.

- Meals containing fat and protein (for example, meat, cheese, or eggs) may prevent an upset stomach

**3** Take Axona slowly over a period of up to 30 minutes.

- If you drink Axona, try adding ice. This may help slow digestion, which can lessen any potential side effects

## Good to know!

› You can use Axona with other therapies

- Axona has been studied in people taking commonly prescribed medications for Alzheimer's disease, as well as nutritional supplements and omega-3 products

› You can easily store Axona after opening

- Axona can be stored in the refrigerator for up to 24 hours after it is mixed. Be sure to mix it again thoroughly before consuming
- Unused powder can be stored at room temperature, even if you have opened the packet

## Additional instructions from your healthcare provider.

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## Axona can be delivered to your doorstep

Call the mail order pharmacy directly at 1-800-662-0586 for more information.

To learn more about the Axona Discount Program\*, visit [www.about-axona.com](http://www.about-axona.com)



\*May not be used with mail order pharmacy offer.

Axona should be used with caution in patients who are at risk for ketoacidosis, for example, patients with a history of alcohol abuse and poorly controlled diabetics; or those who have a history of inflammation of the gastrointestinal system, metabolic syndrome, and/or renal dysfunction. Axona contains caseinate and whey (dairy), and lecithin (soy). **CONTAINS: MILK AND SOY.**

This guide is provided for educational purposes only. It is not meant to substitute for the medical advice of a doctor or other healthcare professional. If you have questions or concerns about Axona, be sure to speak with a healthcare professional.

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