



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 for instructions if Axona packaging materials are unavailable.



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Mixing Axona[®] 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.

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



*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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