



Fuel the Brain

# Welcome to Axona®



## Simple instructions for patients and caregivers<sup>1</sup>

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 Plan below.

**Please note that 7-Day Patient Starter Kits are no longer available**



### Use the full-size packets in your 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 one 40 g packet daily
1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons	

### Stay on track<sup>1</sup>

Graduated dosing is the first step in Axona therapy. It can take up to 90 days to see results,<sup>†</sup> so stick with Axona for the best chance of success.

**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.

<sup>†</sup>Based on a randomized, double-blind, placebo-controlled, 90-day, phase IIb trial (therapeutic effect observed on ADAS-Cog scores in a preplanned secondary outcome [APOE4(-) subjects]).

# Mixing Axona<sup>®</sup> is simple<sup>2</sup>



Follow these 3 easy steps once a day

Fuel the Brain

**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!<sup>1,2</sup>

### › 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

Take advantage of the Axona specialty services pharmacy. To learn more, call 1-877-649-0004.

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.**

Please see full prescribing information at [www.about-axona.com](http://www.about-axona.com).

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.

**References:** 1. Henderson ST, Vogel JL, Barr LJ, et al. Study of the ketogenic agent AC-1202 in mild to moderate Alzheimer's disease: a randomized, double-blind, placebo-controlled, multicenter trial. *Nutr Metab (Lond)*. 2009;6:31. 2. Axona [prescribing information]. Broomfield, CO: Accera, Inc.; November 2012.

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