



Fuel the Brain

Welcome to Axona[®]



Simple instructions for patients and caregivers¹

Axona 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 right¹

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.

Stay on track¹

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



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 one 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 one 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.

*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]).

¹Please see full prescribing information at www.about-axona.com for instructions if Axona packaging materials are unavailable.



Mixing Axona[®] is simple²

Follow these 3 easy steps once a day

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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!^{1,2}

➤ 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

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

To learn more about the Axona Discount Program,* visit www.about-axona.com.



* May not be used with the Axona specialty services pharmacy.

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.

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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