

Feel The Difference : Metanx®

LEARN ABOUT METANX®



How is Metanx® different from over-the-counter vitamins?

Traditional over-the-counter vitamins are synthetic forms of the nutrients found in nature. This is the case for common B-vitamins such as folic acid, vitamin B₆ and vitamin B₁₂. Each of these must be converted into their natural, active forms before they can actually be used by the body's cells for such vital functions as DNA production, cell reproduction and **homocysteine** metabolism.

<u>B Vitamin</u>		<u>Active Form</u>
Folic acid	→	L-methylfolate
Vitamin B ₆	→	Pyridoxal 5'-phosphate
Vitamin B ₁₂	→	Methylcobalamin

Metanx® is designed to nutritionally manage the metabolic processes that regulate blood and vessel health in patients with [diabetic neuropathy](#).

For complete prescribing information, [click here](#).

Each Metanx® capsule contains:	
L-methylfolate Calcium (as Metafolin®)	3mg
Pyridoxal 5'-phosphate	35mg
Methylcobalamin	2mg

Did you know?

Up to 50% of individuals are unable to fully convert folic acid into the active form of **folate**, L-methylfolate.⁹

Metanx® features L-methylfolate, the naturally occurring, predominant form of **folate** used by the body.

Metanx® vs. Folic Acid
DPN TOTAL SYMPTOMS

Dihydrofolate

MERCK EXHIBIT 2091
Gnosis v Merck & Cie
IPR2013-00117

HOF-000034

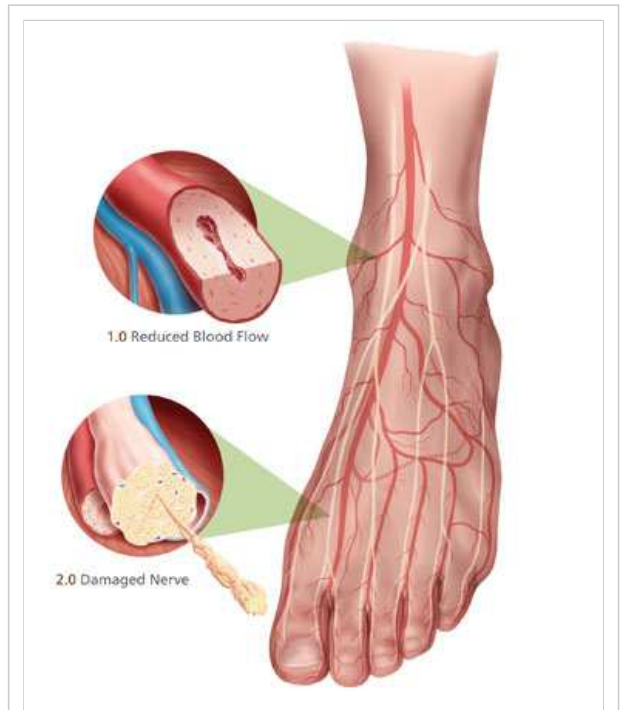


What Causes Diabetic Neuropathy?

How diabetes leads to nerve damage is a subject of intense research, but two main factors are likely involved:¹⁰

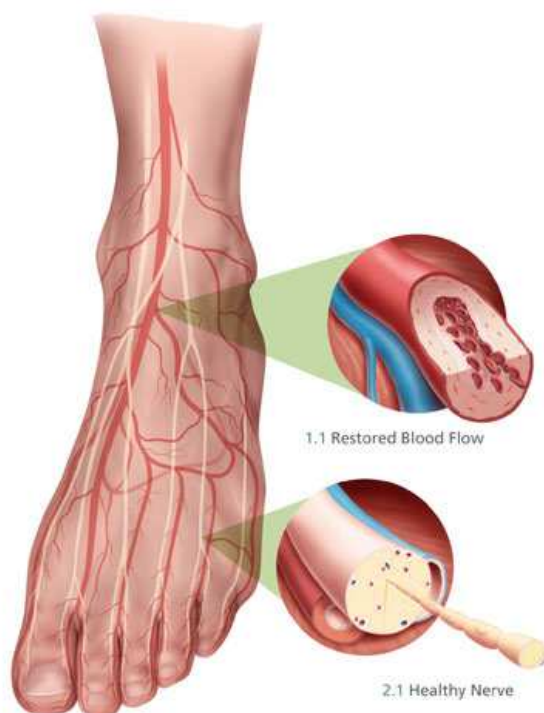
1.0 Elevated blood sugar levels directly damage the nerves and reduce their ability to send out signals.

2.0 Elevated blood sugar levels also damage the blood vessels and reduce blood flow to the nerves, starving them of the oxygen and nutrients they need to survive.



If you have diabetic neuropathy, there is a good chance that you have reduced blood flow to the nerves in your hands and feet. As a result, your nerves may become damaged and lose the ability to repair themselves.

How Does Metanx® Work in Diabetic Neuropathy?



Metanx® provides the nutritional requirements needed by diabetes patients to restore the metabolic processes associated with [diabetic neuropathy](#) to:^{6,11-12}

1.1 Maintain blood flow in the blood vessels that carry the nutrients and oxygen to your nerves.

2.1 Provide the required nutrients to help facilitate nerve repair including production of the myelin sheath, a substance that insulates and protects nerve fibers.

[Click to view a short video](#) on how **Metanx®** is believed to work in diabetic neuropathy.

When Should I Feel the Difference with Metanx®?

Metanx® provides the nutritional requirements needed by diabetes patients to restore the metabolic processes associated with diabetic neuropathy. In doing so, the body is able to maintain blood flow in the vessels that carry important nutrients and oxygen to the nerves.⁶

As a result, patients have seen improvements in TOTAL symptoms including: ¹⁴

- Numbness
- Tingling
- Aching Pain
- Burning Pain
- Shooting Pain
- Extreme Sensitivity to Light Touch

The average time for most patients to feel a difference with **Metanx®** is about 3 weeks.¹³ Individual results may vary. Do not stop taking **Metanx®** without first talking to your healthcare provider.

How is Metanx® Different?

Current therapies managing the symptoms of diabetic neuropathy are somewhat effective at masking the painful symptoms but the underlying progression of DN continues.^{15-16, 19}

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Metanx® is different. **Metanx®** provides the nutritional requirements needed by diabetes patients to restore the metabolic processes associated with [diabetic neuropathy](#) to support peripheral nerve and blood vessel health.^{3, 17-18}

How do I Take Metanx®?

The usual adult dosage is one capsule twice daily and it is okay to take both capsules at the same time. For best results, you should take **Metanx®** exactly as prescribed by your healthcare provider. Once you begin to feel the difference with **Metanx®**, your healthcare provider may reduce your dosage down to one capsule daily.

Is Metanx® Safe?

Metanx® is well tolerated in short-term and chronic therapy. The side effects and/or discontinuation rates are similar to a sugar pill. ¹⁴ For complete prescribing information see [package insert](#).

Where Can I Get Metanx®?

Metanx® is dispensed by prescription and is available at your local pharmacy.

Even if **Metanx®** is not covered by your insurance plan, **Metanx®** may still be less expensive than your insurance co-payment. [Click here](#) to learn how you can save on your **Metanx®** prescription.

Take Care of YOU First

The most important thing you can do for yourself is to keep your blood sugars as closely controlled as possible, get regular exercise and keep your weight under control.

Get to Know Your Feet

Remember, it's the numbness in your feet and toes, NOT the pain that increases your risk for further complications. Loss of sensation in the feet means that sores or injuries may not be noticed and may become ulcerated or infected.

More than half of all lower limb amputations occur in people with diabetes. Doctors estimate that nearly half of the amputations caused by neuropathy and poor circulation could have been prevented by careful foot care.²⁰ Here are the steps to follow:

- Inspect your feet and toes every day for cuts, blisters, redness, swelling, calluses, or other problems. Use a mirror (laying a mirror on the floor works well) or get help from someone else. Notify your health care provider of any problems.
- You may not recognize the numbness and / or tingling feeling in your feet because it can be a slow and gradual process. **Make sure to remove your socks and shoes in the exam room and have your feet checked at every doctor's visit.**



IMPORTANT POINTS TO REMEMBER

- The most important thing you can do for yourself is to **keep your blood sugars as closely controlled as possible**, get regular exercise and keep your weight under control.
- **Diabetic neuropathy is known to reduce blood flow to your nerves.** **Metanx®** provides the required nutritional needs to maintain blood flow to your blood vessels that carry the nutrients and oxygen to your nerves.⁶
- **It's the numbness in your feet and toes that increase your risk for ulceration and amputation, NOT pain.**²⁰

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- **Give Metanx® a chance to work for you.** It could take an average of 3 weeks before you feel the difference with **Metanx®**.¹³ Do not stop taking **Metanx®** without talking to your healthcare provider.
- If **Metanx®** is not covered by your insurance company, there are other options available to save on your **Metanx®** prescription. Click here to [learn more](#).

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Metanx® is a medical food dispensed by prescription for the clinical dietary management of endothelial dysfunction in patients with diabetic peripheral neuropathy. Use under medical supervision.

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