



FDA approved for adults with postpartum depression (PPD)

 **ZURZUVAE™**
(zuranolone) capsules 
20 mg • 25 mg • 30 mg

**ZURZUVAE is the
first and only oral
treatment for
postpartum
depression
you take
for 14 days**



Not an actual
patient.

What is ZURZUVAE?

ZURZUVAE is a prescription medicine used to treat adults with postpartum depression (PPD).

It is not known if ZURZUVAE is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ZURZUVAE?
ZURZUVAE may cause serious side effects, including:

- **Decreased ability to drive or do other dangerous activities.** ZURZUVAE may decrease your awareness and alertness, which can affect your ability to drive safely or safely do other dangerous activities
 - **Do not** drive, operate machinery, or do other dangerous activities **until at least 12 hours after taking each dose** during your 14-day treatment course of ZURZUVAE
 - You may not be able to tell on your own if you can drive safely or tell how much ZURZUVAE is affecting you

Please see Important Safety Information throughout the brochure and full Prescribing Information, including Boxed Warning and Medication Guide.

Postpartum depression (PPD) is one of the most common medical conditions associated with pregnancy

Women go through hormonal, physical, and emotional changes during and after pregnancy. They can start experiencing symptoms of postpartum depression during pregnancy or after having a baby and it is more common than you may think:

About 1 in 8 women

report experiencing symptoms of postpartum depression

PPD is underdiagnosed and undertreated

even though it is one of the most common medical conditions associated with pregnancy

PPD can affect any adult woman

regardless of age, ethnicity, marital status, or income

There are factors associated with PPD, which may include:

- ▶ Increased stress
- ▶ Family or personal history of depression
- ▶ Hormonal changes due to pregnancy





Not an actual patient.

Talk to your healthcare provider about **ZURZUVAE**

Scan or visit [ZURZUVAE.com](https://www.zurzuvae.com) to learn more.



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ZURZUVAE provided a fast way to feel symptom improvement

A 14-day treatment course that improved postpartum depression symptoms at day 15 in a clinical study

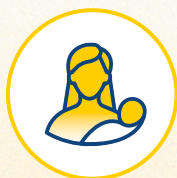


The first and only 14-day, oral treatment for postpartum depression



Quick results

Significant improvement in PPD symptoms was seen at day 15 and **as early as day 3** compared to placebo



Sustained results



Postpartum depression symptom improvement compared to placebo was **sustained for ~4 weeks** after the 14-day treatment course was completed

ZURZUVAE 50 mg was studied in a 6-week clinical study of 195 women with PPD. Effectiveness was measured at Day 15 and other days, such as Days 3 and 45, as part of the study, using a standard depression rating scale. For 14 days, 98 women took ZURZUVAE and 97 women took placebo either alone or added to an oral antidepressant they were already taking, then were followed up for another 4 weeks.

What is the most important information I should know about ZURZUVAE (continued)?

- **Decreased awareness and alertness [central nervous system (CNS) depressant effects].** ZURZUVAE may cause sleepiness, drowsiness, slow thinking, dizziness, confusion, and trouble walking
 - Because of these symptoms, you may be at a higher risk for falls during treatment with ZURZUVAE
 - Taking alcohol, other medicines that cause CNS depressant effects, or opioids while taking ZURZUVAE can make these symptoms worse and may also cause trouble breathing
 - Tell your healthcare provider if you develop any of these symptoms, or if they get worse during treatment with ZURZUVAE. Your healthcare provider may decrease your dose or stop ZURZUVAE treatment if you develop these symptoms

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Taking ZURZUVAE

The only oral treatment for PPD you take for 14 days



Take once daily with food

Take ZURZUVAE 1 time daily with fat-containing foods. Speak to your healthcare provider about examples of foods you should eat.



Take in the evening

Talk to your healthcare provider about the best time to take ZURZUVAE, because it may make you feel drowsy.

You shouldn't drive a car or do any dangerous activities for at least 12 hours after taking each dose of ZURZUVAE.





Take all 14 days of medication

Even if you start feeling better sooner, it's important to finish all the medicine you were prescribed unless your healthcare provider instructs you differently.

What is the most important information I should know about ZURZUVAE (continued)?

ZURZUVAE is a federally controlled substance (C-IV) because it contains zuranolone, which can be abused or lead to dependence. Keep ZURZUVAE in a safe place to protect it from theft. Do not sell or give away ZURZUVAE, because it may harm others and is against the law.

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Dosing considerations

Things to keep in mind when starting ZURZUVAE



Take exactly as your healthcare provider tells you to take it

Your healthcare provider may change your dose of ZURZUVAE if you have certain side effects. Do not change your dose without talking to your healthcare provider.



Missed a dose?



If you miss a dose, skip the missed dose and take your next dose at the regular time. **DO NOT** take extra capsules to make up for the missed dose. Continue taking ZURZUVAE 1 time daily until you complete the rest of your 14-day treatment course.

What is the most important information I should know about ZURZUVAE (continued)?

Before taking ZURZUVAE, tell your healthcare provider about all of your medical conditions, including if you:

- drink alcohol
- have abused or been dependent on prescription medicines, street drugs, or alcohol
- have liver or kidney problems
- are pregnant or plan to become pregnant. ZURZUVAE may harm your unborn baby
- are breastfeeding or plan to breastfeed. ZURZUVAE passes into breast milk, and it is not known if it can harm your baby. Talk to your healthcare provider about the risks and benefits of breastfeeding and about the best way to feed your baby during treatment with ZURZUVAE

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3 steps to get your ZURZUVAE prescription

If you and your healthcare provider decide ZURZUVAE is right for you, here's how you'll get your medication.



Step 1

Your healthcare provider will send your prescription to a specialty pharmacy within our network.



Step 2



The specialty pharmacy will contact you to confirm your prescription, insurance coverage, and benefit eligibility.



Step 3

Your prescription will be shipped directly to you. Signature by someone 18+ required. Identification may be needed.

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Help is here For You

ZURZUVAE For You is a patient support program that is here to help as you navigate your ZURZUVAE treatment journey. **ZURZUVAE For You** provides services to patients, including Support Coordinators who are available to provide product and disease information and answer questions.

ZURZUVAE Financial Assistance Programs

If you have been prescribed ZURZUVAE for the treatment of your PPD, financial assistance programs, such as the **ZURZUVAE Savings Card Program***, may be available to help you access your prescribed medication.



Please remember your healthcare provider is your best source of information for any medical questions or healthcare needs.

*Financial assistance for eligible patients under the ZURZUVAE Savings Card Program will be applied directly by the specialty pharmacy filling the prescription. Restrictions apply. For full terms and conditions, please see [ZurzuvaeForYouTermsAndConditions.com](https://www.zurzuvae.com/terms-and-conditions).



If you have any questions about PPD, ZURZUVAE, or services and resources available to support you, you can call **844-987-9882**

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What is the most important information I should know about ZURZUVAE (continued)?

Females who are able to become pregnant:

- Tell your healthcare provider right away if you become pregnant during treatment with ZURZUVAE
- You should use effective birth control (contraception) during treatment with ZURZUVAE and for 1 week after the final dose
- There is a pregnancy registry for females who are exposed to ZURZUVAE during pregnancy. The purpose of the registry is to collect information about the health of females exposed to ZURZUVAE and their baby. If you become pregnant during treatment with ZURZUVAE, talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at [1-844-405-6185](tel:18444056185) or visit online at <https://womensmentalhealth.org/research/pregnancyregistry/antidepressants/>

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZURZUVAE and some medicines may interact with each other and cause serious side effects. ZURZUVAE may affect the way other medicines work, and other medicines may affect the way ZURZUVAE works.

Especially tell your healthcare provider if you take antidepressants, opioids, or CNS depressants such as benzodiazepines.

What should I avoid while taking ZURZUVAE?

- **Do not** drive a car, operate machinery, or do other dangerous activities **until at least 12 hours after taking each dose of ZURZUVAE** because ZURZUVAE may make you feel sleepy, confused, or dizzy
- **Do not** drink alcohol or take other medicines that make you sleepy or dizzy while taking ZURZUVAE without talking to your healthcare provider



See “What is the most important information I should know about ZURZUVAE?”

ZURZUVAE may cause serious side effects, including:

See “What is the most important information I should know about ZURZUVAE?”

- **Increased risk of suicidal thoughts or actions.** ZURZUVAE and other antidepressant medicines may increase the risk of suicidal thoughts and actions in people 24 years of age and younger. **ZURZUVAE is not for use in children**

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What is the most important information I should know about ZURZUVAE (continued)?

How can I watch for and try to prevent suicidal thoughts and actions?

- Pay close attention to any changes, especially sudden changes in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions. This is very important when an antidepressant medicine is started or when the dose is changed
- Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings
- Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms

Tell your healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you:



- attempts to commit suicide
- thoughts about suicide or dying
- new or worse depression
- feeling very agitated or restless
- trouble sleeping (insomnia)
- new or worse anxiety
- panic attacks
- new or worse irritability
- acting aggressive, being angry, or violent
- an extreme increase in activity and talking (mania)
- acting on dangerous impulses
- other unusual changes in behavior or mood

The most common side effects of ZURZUVAE include:

- Sleepiness or drowsiness, dizziness, common cold, diarrhea, feeling tired, weak, or having no energy, and urinary tract infection

These are not all of the possible side effects of ZURZUVAE. Call your doctor for medical advice about side effects. You can report side effects to FDA at [1-800-FDA-1088](tel:1-800-FDA-1088) or www.fda.gov/medwatch.

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