



Actor portrayal.

NASCOBAL[®] NASAL SPRAY HELPING TO GIVE YOUR BODY THE VITAMIN B₁₂ IT NEEDS

WHAT IS NASCOBAL[®]?

NASCOBAL[®] is a prescription medicine used:

- For maintenance therapy to treat vitamin B₁₂ deficiency (low levels of vitamin B₁₂) in adults with pernicious anemia who achieved healthy vitamin B₁₂ levels after receiving vitamin B₁₂ shots and do not have nervous system problems.
- To treat vitamin B₁₂ deficiency caused by:
 - certain food limitations,
 - other medicines that cause vitamin B₁₂ deficiency, or
 - lack of absorption (malabsorption) that are not related to pernicious anemia.
- To prevent vitamin B₁₂ deficiency in adults that need to increase their levels of vitamin B₁₂ higher than normal levels.

NASCOBAL[®] should not be used for a vitamin B₁₂ absorption test known as the Schilling test.

In people who have corrected or have fixed their short-term causes of vitamin B₁₂ deficiency, the benefit of continued long-term use of NASCOBAL[®] is not known after vitamin B₁₂ deficiency has been corrected.

It is not known if NASCOBAL[®] is effective in people who currently have a stuffy nose, allergies or an upper respiratory infection. You should wait until these symptoms have gone away before using NASCOBAL[®].

It is not known if NASCOBAL[®] is safe and effective in children.

Please see Important Safety Information continued inside.
Please [click here](#) for full Prescribing Information.

WHY VITAMIN B₁₂ IS IMPORTANT

Vitamin B₁₂ is an essential vitamin. Everyone needs it to stay healthy. Vitamin B₁₂ helps your body work properly. It protects your nerve cells so they can grow the right way. Vitamin B₁₂ also helps make red blood cells, which give oxygen to the tissues in your body.



Actor portrayal.

IMPORTANT SAFETY INFORMATION FOR NASCOBAL[®]

Do not use NASCOBAL[®] if you are allergic to cobalt, vitamin B₁₂, or any of the ingredients in NASCOBAL[®].

NASCOBAL[®] can cause serious side effects, including:

- **Weakening of your eye nerve in patients with early Leber's disease.** Tell your healthcare provider if you or your family has a history of early Leber's disease.
- **Serious allergic reactions.** Serious, life-threatening allergic reactions, including death, have happened in people who have received vitamin B₁₂ by injection or by intravenous (IV) infusion (parenteral). Tell your healthcare provider if you have ever had a reaction after you received vitamin B₁₂ by injection or IV infusion.

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THERE ARE MANY CAUSES FOR VITAMIN B₁₂ DEFICIENCY

- ▶ Celiac disease
- ▶ Heavy drinking
- ▶ Strict vegetarian or vegan diet
- ▶ Long-term use of certain medications such as metformin and proton pump inhibitors
- ▶ Immune system disorders
- ▶ HIV infection
- ▶ Crohn's disease
- ▶ Atrophic gastritis
- ▶ Gastric surgery
- ▶ Hypothyroidism

TALK TO YOUR DOCTOR ABOUT BEING SCREENED FOR VITAMIN B₁₂ DEFICIENCY. SYMPTOMS OF VITAMIN B₁₂ DEFICIENCY ARE NON-SPECIFIC.

Symptoms may include:

- ▶ Diarrhea or constipation
- ▶ Fatigue, muscle weakness
- ▶ Loss of appetite
- ▶ Pale skin
- ▶ Memory loss
- ▶ Shortness of breath
- ▶ Swollen, red tongue
- ▶ Numbness and tingling of hands and feet
- ▶ Confusion or change in mental status
- ▶ Loss of balance

NASCOBAL[®]
(Cyanocobalamin, USP) Nasal Spray

WHAT IS NASCOBAL®?

NASCOBAL® Nasal Spray is the first FDA-approved prescription vitamin B₁₂ nasal spray used as a supplement to treat vitamin B₁₂ deficiency. It is designed to bypass the GI tract and be absorbed directly into the bloodstream. It is clinically proven to have increased and maintained healthy vitamin B₁₂ levels. NASCOBAL® is a tasteless and odorless fine mist with a convenient, once-weekly dosing regimen:

**1 spray, 1 nostril,
1x a week***



Product shown may not be actual size.

Do not drink hot liquids or eat hot foods at least 1 hour before and 1 hour after taking NASCOBAL® Nasal Spray.

*Dose adjustments may be required.

IMPORTANT SAFETY INFORMATION FOR NASCOBAL® (continued)

- **Hiding (masking) a folate deficiency.** Your healthcare provider may do certain blood tests to check your vitamin B₁₂ and folate levels.
- **Low potassium levels (hypokalemia) and low blood platelets (thrombocytopenia)** can happen in people with serious megaloblastic anemia. Your healthcare provider may monitor your potassium levels and platelet counts during your treatment with NASCOBAL®.

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CLINICALLY PROVEN TO HAVE INCREASED VITAMIN B₁₂ LEVELS FROM THE FIRST DOSE



Actor portrayal.

3 DAYS AFTER A DOSE OF NASCOBAL®,
the average amount of vitamin B₁₂ in the blood increased by

46%[†]

[†]In 21 healthy volunteers under fasting conditions, a single 500 mcg dose of NASCOBAL® was given and monitored for 3 days.

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HOW TO USE NASCOBAL®



BEFORE YOU TAKE NASCOBAL®

- ▶ The unit contains only 1 spray: **DO NOT prime before use**
- ▶ Blow nose gently to clear both nostrils
- ▶ Hold the unit with your thumb, supporting it at the bottom, and your index and middle fingers on either side of the nozzle



TAKING NASCOBAL®

- ▶ Gently close 1 nostril with your other index finger. Insert the nozzle into open nostril approximately ½ inch, or as far as feels comfortable, and tilt your head slightly forward. Do not press the plunger yet
- ▶ Breathe in gently through your nose, close your mouth, and at the same time, press the plunger firmly with your thumb



AFTER YOU TAKE NASCOBAL®

- ▶ Remove the nozzle from your nostril. At the same time, keep your head level for 10 to 20 seconds while gently breathing in through your nose and breathing out through your mouth

Do not drink hot liquids or eat hot foods at least 1 hour before and 1 hour after taking NASCOBAL® Nasal Spray.

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VITAMIN B₁₂ OPTIONS

NASCOBAL® NASAL SPRAY

FDA-approved	✓	Tasteless	✓
Prescription	✓	Can be taken at home	✓
Once-a-week dosing	✓	Not an injection	✓
Odorless	✓		

SUBLINGUAL (under-the-tongue)

Once-a-day dosing	✓	Not an injection	✓
Can be taken at home	✓		

INJECTIONS

FDA-approved	✓	Odorless	✓
Prescription	✓	Tasteless	✓
Daily to monthly dosing	✓		

IMPORTANT SAFETY INFORMATION FOR NASCOBAL® (continued)

Vitamin B₁₂ deficiency may hide signs of a blood condition called polycythemia vera. Treatment with NASCOBAL® may uncover this condition.

Tell your doctor if you are pregnant or planning to become pregnant (it is not known if NASCOBAL® will harm your unborn baby).

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

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PATIENT SAVINGS

ELIGIBLE PATIENTS MAY PAY AS LITTLE AS \$0 PER MONTH* FOR NASCOBAL®



The image shows a blue and orange copay card for NASCOBAL. On the left is a white nasal spray bottle. The card features a large '\$0' in a circle, indicating the copay amount. Text on the card includes: 'Eligible patients may pay as little as \$0 PER MONTH*'. Two numbered steps are listed: 1. 'Take this card along with your prescription to your pharmacy.' 2. 'Pay as little as \$0 per month for your initial prescription and every refill thereafter.*'. The card also includes the text 'Emblem Therapy First Plus' and fields for BIN#, PCN#, GRP#, and ID#. At the bottom, it says 'For more information, visit www.nascobal.com. *See Program Terms and Conditions on reverse.'

Save on NASCOBAL® with the \$0 Copay Card.

Download the NASCOBAL® Copay Card from NASCOBAL.com at any time.

*Patients may redeem this offer ONLY when accompanied by a valid prescription. Offer is valid up to a maximum benefit of \$150. Offer is not valid for patients whose prescriptions are reimbursed in whole or in part under Medicaid, Medicare, Medigap, VA, DoD, TRICARE, or any other federal or state programs (such as medical assistance programs) or where otherwise prohibited by law. Offer is not valid in VT or where prohibited in whole or in part. This offer may be amended or ended at any time without notice.

IMPORTANT SAFETY INFORMATION FOR NASCOBAL® (continued)

The most common side effects include infection, headache, feeling weak, nausea, swelling of your tongue, runny nose, tingling of the hands and feet.

These are not all the possible side effects of NASCOBAL®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

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