

# Success Starts Here!

  
**Contrave**<sup>®</sup>  
(naltrexone HCl/bupropion HCl)  
8 mg/90 mg • Extended-Release Tablets



Not an actual patient.

## Information to support you on your weight loss journey.

### *Read more inside!*

#### **WHAT IS CONTRAVE?**

Along with diet and exercise, CONTRAVE is a prescription weight-loss medicine that may help some adults with a BMI  $\geq 30$  kg/m<sup>2</sup> (obese) or with a BMI of  $\geq 27$  kg/m<sup>2</sup> (overweight) with at least one weight-related medical problem such as high blood pressure, high cholesterol, or type 2 diabetes, lose weight and keep the weight off.

#### **IMPORTANT SAFETY INFORMATION**

**CONTRAVE can cause serious side effects including:**

**Suicidal thoughts or actions:** One of the ingredients in CONTRAVE is bupropion. Bupropion has caused some people to have suicidal thoughts or actions or unusual changes in behavior, whether or not they are taking medicines used to treat depression. Bupropion may increase the risk of suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. If you already have depression or other mental illnesses, taking bupropion may cause it to get worse, especially within the first few months of treatment.

**Please see Important Safety Information throughout and the Full Prescribing Information, including Medication Guide, for CONTRAVE.**

# EATING LESS AND MOVING MORE ISN'T ALWAYS ENOUGH

## CONTRAVE targets 2 areas of the brain that cause hunger and cravings\*

Inability to control cravings can lead to emotional eating, which may stand in the way of weight-loss success for some patients



**Hunger** happens when your brain tells you it needs nutrition, and any food will satisfy this need.



**Cravings** happen when your brain wants specific foods, even though you may not feel hungry.

For some, it is difficult to control cravings when dealing with emotions like stress.

\*Other areas of the brain may be involved. The exact neurochemical effects of CONTRAVE leading to weight loss are not fully understood.

## IMPORTANT SAFETY INFORMATION (cont'd)

While taking CONTRAVE, you or your family members should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when you start taking CONTRAVE or when your dose changes.

Stop taking CONTRAVE and call a healthcare provider right away if you or your family members notice any of the following symptoms, especially if they are new, worse, or worry you: thoughts about suicide or dying; attempts to commit suicide; depression; anxiety; feeling agitated or restless; panic attacks; irritability; aggression, anger, or violence; acting on dangerous impulses; an extreme increase in activity and talking; other unusual changes in behavior or mood; trouble sleeping.

CONTRAVE is not approved for use in children under the age of 18.

## CONTRAVE is proven to help with weight loss for the long term

Across 3 studies, patients who were overweight or suffering from obesity **lost approximately 2-4x more weight** over 1 year by adding CONTRAVE than with diet and exercise alone.†



Nearly half of patients taking CONTRAVE lost 5% or more body weight and kept it off (vs 23% of patients taking placebo).† Individual results may vary.

†According to 3 multicenter, double-blind, placebo-controlled obesity trials (BMI  $\geq 30$  kg/m<sup>2</sup>, or BMI  $\geq 27$  kg/m<sup>2</sup> with at least 1 comorbidity of hypertension, dyslipidemia, or type 2 diabetes) conducted to evaluate the effect of CONTRAVE in conjunction with reduced caloric intake and increased physical activity, the average percentage of weight loss in patients at 56 weeks ranged from 3.7% to 8.1% with CONTRAVE, compared to 1.3% to 4.9% with placebo. The percentage of patients who achieved a clinically meaningful treatment response (defined as achieving at least 5% weight loss after 1 year of treatment) ranged from 36% to 57% with CONTRAVE, compared to 17% to 43% with placebo.



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# TIPS AND TOOLS FOR SUCCESS

We know that being successful in achieving your weight-loss goals takes planning and time. You can find recipes and workouts at CONTRAVE.com. Below are some tips to get started.



## Set achievable daily goals

Small steps can lead to big changes

- Walking extra steps per day
- Adding more fruit and veggies to your meals



## Eat healthy. Plan for easy

- Make a menu for breakfast, lunch, and dinner
- Incorporate healthy snacks throughout the day like hummus and carrots



## Boost self-control. Keep your body moving

- Build more physical activity into your day
- Park farther away than you usually do at the mall or grocery store



Scan the QR code to get more helpful information on our blog.

## IMPORTANT SAFETY INFORMATION (cont'd)

**Do not take CONTRAVE if you** have uncontrolled high blood pressure; have or have had seizures; use other medicines that contain bupropion such as WELLBUTRIN, WELLBUTRIN SR, WELLBUTRIN XL, APLENZIN and ZYBAN; have or have had an eating disorder called anorexia or bulimia; are dependent on opioid pain medicines or use medicines to help stop taking opioids, or are in opiate withdrawal; drink a lot of alcohol and abruptly stop drinking, or use medicines called sedatives (these make you sleepy), benzodiazepines, or anti-seizure medicines and stop using them all of a sudden; are taking or have taken medicines called monoamine oxidase inhibitors (MAOIs) in the past 14 days; or are allergic to any of the ingredients in CONTRAVE.

**Tell your healthcare provider about all of your medical conditions including if you have:** depression or other mental illnesses; attempted suicide; seizures; head injury; tumor or infection of brain or spine; low blood sugar or low sodium; liver or kidney problems; high blood pressure; heart attack, heart problems, or stroke; eating disorder; drinking a lot of alcohol; prescription medicine or street drug abuse; are 65 or older; diabetes; pregnant or planning to become pregnant; or breastfeeding.



Not an actual patient.

## IMPORTANT SAFETY INFORMATION (cont'd)

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

### CONTRAVE may cause serious side effects, including:

- **Seizures.** There is a risk of having a seizure when you take CONTRAVE. The risk of seizure is higher in people who take higher doses of CONTRAVE, have certain medical conditions, or take CONTRAVE with certain other medicines. **Do not take any other medicines while you are taking CONTRAVE unless your healthcare provider has said it is okay to take them. If you have a seizure while taking CONTRAVE, stop taking CONTRAVE and call your healthcare provider right away.**
- **Risk of opioid overdose.** **Do not** take large amounts of opioids, including opioid-containing medicines, such as heroin or prescription pain pills, to try to overcome the opioid-blocking effects of naltrexone. This can lead to serious injury, coma, or death.

  
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# IMPORTANT DOSING INFORMATION

This section is a summary of important information you need to know to take CONTRAVE safely. It is also important to **follow your doctor's instructions when taking a prescription medication.**

## What is CONTRAVE?

CONTRAVE is a prescription weight-loss medicine that may help some adults with a body mass index (BMI) of 30 kg/m<sup>2</sup> or greater (obese), or adults with a BMI of 27 kg/m<sup>2</sup> or greater (overweight) with at least one weight-related medical problem such as high blood pressure, high cholesterol, or type 2 diabetes, lose weight and keep the weight off.

CONTRAVE should be used with a reduced-calorie diet and increased physical activity.

It is not known if CONTRAVE changes your risk of heart problems or stroke or of death due to heart problems or stroke.

It is not known if CONTRAVE is safe and effective when taken with other prescription, over-the-counter, or herbal weight-loss products. CONTRAVE is not approved to treat depression or other mental illnesses, or to help people quit smoking (smoking cessation).

## How to Take CONTRAVE


If you're new to CONTRAVE, it's important to **follow your doctor's direction and increase your dose slowly over the first month to help you adjust to the medication. Additionally:**

- Take CONTRAVE exactly as your doctor tells you
- If you have kidney or liver problems, your final dose may be lower (for example, 1 pill in the morning and 1 pill in the evening or 1 pill in the morning)
- Your doctor will change your dose if needed
- **Do not** change your CONTRAVE dose without talking with your doctor
- Your doctor should tell you to stop taking CONTRAVE if you have not lost a certain amount of weight after 16 weeks of treatment










## IMPORTANT SAFETY INFORMATION (cont'd)

- **Get emergency medical help right away if you take opioids and you:**
  - have trouble breathing
  - become very drowsy with slowed breathing
  - have slow, shallow breathing
  - feel faint, very dizzy, confused, or have unusual symptoms
- **Sudden opioid withdrawal.** People who take CONTRAVE must not use any type of opioid including street drugs, prescription pain medicines, cough, cold, or diarrhea medicines that contain opioids, or opioid dependence treatments, **for at least 7 to 10 days before starting CONTRAVE.** Using opioids in the 7 to 10 days before you start taking CONTRAVE may cause you to suddenly have symptoms of opioid withdrawal when you take it. Sudden opioid withdrawal can be severe, and you may need to go to the hospital. Tell your healthcare provider you are taking CONTRAVE before a medical procedure or surgery.

# Dosing schedule

 Most patients begin with 1 morning pill during the first week and gradually work their way up to 2 pills twice a day by week 4.

The below dosing schedule, along with a diet and exercise program, was followed by the patients in the CONTRAVE clinical trials who achieved weight-loss success.

	Week 1	Week 2	Week 3	Week 4 and Beyond
 AM Tip: Take with breakfast	 1 pill	 1 pill	 2 pills	 2 pills
 PM Tip: Take before dinner	N/A	 1 pill	 1 pill	 2 pills

Pills are featured for illustrative purposes, not shown to actual size.



**It is recommended you drink plenty of water when taking CONTRAVE.**

- A good rule of thumb is to take CONTRAVE with 8 oz of water, and then throughout your day, drink additional glasses of water
- This can help with both weight loss and, for some people, with preventing constipation



**Swallow CONTRAVE pills whole.**

- **Do not cut, chew, or crush CONTRAVE pills.** Tell your doctor if you cannot swallow CONTRAVE pills whole
- **Do not** take more than 2 pills in the morning and 2 pills in the evening
- **Do not** take more than 2 pills at the same time or more than 4 pills in 1 day
- **Do not** take CONTRAVE with high-fat meals. It may increase your risk of seizures
- If you miss a dose of CONTRAVE, wait until your next regular time to take it. **Do not** take more than 1 dose of CONTRAVE at a time

If you take too much CONTRAVE, call your doctor or your poison control center at **1-800-222-1222** right away, or go to the nearest emergency room.



**Please see Important Safety Information throughout and the Full Prescribing Information, including Medication Guide, for CONTRAVE.**



# Managing Common Side Effects



**CONTRAVE safety was evaluated in thousands of patients.**

The most common side effects of CONTRAVE include nausea, constipation, headache, vomiting, dizziness, trouble sleeping (insomnia), dry mouth, and diarrhea. These are not all of the possible side effects of CONTRAVE.

- Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements
- This is important because CONTRAVE may affect the way other medicines work, especially opioid medicines or medicines to help stop taking opioids



**Here are some things you can do to manage common side effects.**

- **Nausea:** In general, it is recommended you drink plenty of water when taking CONTRAVE. If you experience nausea, you may also want to eat a small amount of dry toast with CONTRAVE. Your doctor may recommend an over-the-counter anti-nausea medication for you
- **Constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth, and diarrhea** have also occurred and usually can be managed with over-the-counter products your doctor can recommend
- Remember to speak with your healthcare provider or pharmacist if you have any questions.

## IMPORTANT SAFETY INFORMATION (cont'd)

- **Severe allergic reactions. Stop taking CONTRAVE and call your healthcare provider or go to the nearest hospital emergency room right away** if you have any of the following signs and symptoms of an allergic reaction: rash, itching, hives, fever, swollen lymph glands, painful sores in your mouth or around your eyes, swelling of your lips or tongue, chest pain, or trouble breathing.
- **Increases in blood pressure or heart rate.** Some people may get high blood pressure or have a higher heart rate when taking CONTRAVE. Your healthcare provider should check your blood pressure and heart rate before you start taking, and while you take CONTRAVE.
- **Liver damage or hepatitis.** Stop taking CONTRAVE and tell your healthcare provider if you have any of the following symptoms of liver problems: stomach area pain lasting more than a few days, dark urine, yellowing of the whites of your eyes, or tiredness. Your healthcare provider may need to stop treating you with CONTRAVE if you get signs or symptoms of a serious liver problem.
- **Manic episodes.** Bupropion can cause some people who were manic or depressed in the past to become manic or depressed again.
- **Visual problems (angle-closure glaucoma).** Signs and symptoms may include: eye pain, changes in vision, swelling or redness in or around the eye. Talk with your healthcare provider to find out if you are at risk for angle-closure glaucoma and to get treatment to prevent it if you are at risk.

# Patient Success Story

## JANET

“When I started taking CONTRAVE, I began to feel control over my cravings for the first time. My early weight loss successes led to more success.”



Janet struggled with managing her weight her entire life. Reactive eating behavior led to decades of huge weight gain. **Stress was a main trigger for her eating, whether it was related to work or family.**

When she started taking CONTRAVE, Janet began to feel control over cravings for the first time. Along with changing her diet, she began to focus on moving her body. First, she started walking, then spinning, then running and then attending fitness classes. Fitness became a passion and a priority in self-care.

The journey wasn't easy. Alongside the physical part of losing weight, she had to confront her lifelong relationship issues with food and come to peace with them. She spent the first year of her journey evaluating her relationship with food to figure out how and why she used food as a coping mechanism.

Janet found internal peace and self-acceptance which she considered the biggest victory in her weight loss journey. Janet learned through her journey that not only was she capable of positive change, but worthy of it.

Real patient taking CONTRAVE at the time of her interview in January 2023. Individual results may vary. Photos and story used with permission.

## Weight-loss Success

**happened with CONTRAVE!**



Scan the QR code to read more success stories on [CONTRAVE.com](https://www.contrave.com)



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# Put Food in its Place

## with CONTRAVE (naltrexone HCl/bupropion HCl)



**Uncontrolled cravings** may lead to eating when you aren't hungry, limiting your weight-loss success



CONTRAVE works in 2 parts of the brain to help **reduce hunger and control cravings\***



Be sure and **follow your doctor's instructions** on how to best take CONTRAVE to help you **lose weight and keep it off**



CONTRAVE is indicated for use with a reduced calorie diet and increased physical activity.

**Find support at [CONTRAVE.com](https://www.contrave.com)**



**Pay \$99<sup>†</sup> or less + Free Shipping<sup>‡</sup> for CONTRAVE with the CurAccess Program**

The exact neurochemical effects of CONTRAVE leading to weight loss are not fully understood.

<sup>†</sup>The price of CONTRAVE is \$99 per month with free shipping through the CurAccess program. If your insurance covers CONTRAVE, it may cost less. The CurAccess program is offered by our partner pharmacies. Subject to patient eligibility. Patients who participate in federal programs such as Medicaid, Medicare Part D, and TRICARE are eligible for the program. To receive benefits from the CurAccess program, the prescription will be processed with the assumption that the participant is a cash-paying customer. Please see Terms and Conditions at sign-up for eligibility

<sup>‡</sup>Home delivery is offered by a third-party partner.

**Learn more at [CONTRAVE.com](https://www.contrave.com)**

### IMPORTANT SAFETY INFORMATION (cont'd)

- **Increased risk of low blood sugar in people with type 2 diabetes mellitus who also take medicines to treat their diabetes (such as insulin or sulfonylureas).** You should check your blood sugar before you start taking CONTRAVE and while you take CONTRAVE.

**The most common side effects of CONTRAVE include** nausea, constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth, and diarrhea. These are not all of the possible side effects of CONTRAVE.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](https://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

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