

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

*You work hard to lose weight.*  
**CONTRAVE WORKS HARD  
TO SUPPORT YOU.**

### **What is CONTRAVE?**

CONTRAVE is a prescription weight-loss medicine that may help adults with obesity, or some adults who are overweight who also have weight-related medical problems, to lose excess body 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 additional Important Safety Information throughout and [Full Prescribing Information](#), including [Medication Guide](#), for CONTRAVE.



Not an actual patient.

## EXPECT A DIFFERENT APPROACH TO WEIGHT LOSS

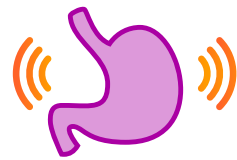
Food cravings can sometimes override feelings of fullness, leading to eating even when you are not hungry. **CONTRAVE targets 2 areas of the brain** to help reduce hunger and control cravings, so you can lose excess body weight and keep it off.\*

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



**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.



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

### 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.



## ACHIEVE SUSTAINABLE WEIGHT LOSS

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.

Please see additional Important Safety Information throughout and [Full Prescribing Information](#), including [Medication Guide](#), for CONTRAVE.



Weight loss takes time. But when you stick with CONTRAVE, lasting success can be possible.

Real patient taking CONTRAVE at the time of her interview and compensated for sharing her inspiring story.

## WHAT TO EXPECT AFTER STARTING CONTRAVE

Be sure to take CONTRAVE as prescribed by your healthcare provider, along with diet and exercise.

### CONTRAVE was evaluated in thousands of patients

- The most common side effects of CONTRAVE included nausea, constipation, headache, vomiting, dizziness, trouble sleeping (insomnia), dry mouth, and diarrhea
- These are not all the possible side effects of CONTRAVE. Tell your healthcare provider about all the medications you take, including prescription and over-the-counter medications, vitamins, and herbal supplements. CONTRAVE may affect the way other medicines work, and other medicines may affect the way CONTRAVE works causing side effects

### Tips for managing the following side effects:

#### Nausea

- Generally, you should drink plenty of water when taking CONTRAVE
- If you experience nausea, you may also want to eat a small amount of dry toast when taking CONTRAVE
- Your healthcare provider may recommend an over-the-counter anti-nausea medication, or you can try ginger tea or ginger chews to help curb nausea naturally

- Headache, vomiting, dizziness, trouble sleeping, dry mouth, or diarrhea can usually be managed with over-the-counter products that your healthcare provider can recommend

#### Constipation

- Aim to drink about 8 glasses of water a day or more if needed
- Adding fiber-rich foods to your diet, like vegetables, fruits, whole grains, and legumes, not only supports weight loss but also helps with constipation
- A gentle walk or light exercise can be beneficial in easing constipation



#### Did you know?

Common GI side effects, including nausea and vomiting, generally went away in 2-4 weeks in clinical studies



Please see additional Important Safety Information throughout and [Full Prescribing Information](#), including [Medication Guide](#), for CONTRAVE.

## WEIGHT LOSS WITH CONTRAVE CAN TAKE TIME

### Steady progress can add up

With CONTRAVE, you may start to notice weight loss after about a month. Work with your healthcare provider to schedule follow-up visits to track your progress. You should reach out to them if you need additional refills or have questions in between appointments.

CONTRAVE works best when you take it as prescribed.

The fact is, success doesn't happen overnight. But if you stick to your treatment schedule, steady progress with CONTRAVE can help you achieve sustainable weight loss.

\*When using a partner pharmacy, if your insurance covers CONTRAVE, the lowest you pay may be \$0 through our home delivery partner pharmacy program. If you don't have insurance or if your insurance doesn't cover CONTRAVE, you will pay no more than \$99. The savings program is offered by our partner pharmacies. Subject to patient eligibility.

### 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.

**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.**

Through our [savings program](#), you can pay as little as **\$0** for CONTRAVE and no more than **\$99** regardless of insurance coverage\*

# 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 healthcare provider's instructions when taking a prescription medication.

## What is CONTRAVE?

CONTRAVE is a prescription weight-loss medicine that may help adults with obesity, or some adults who are overweight who also have weight-related medical problems, to lose excess body 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.

CONTRAVE is not approved to treat depression or other mental illnesses, or to help people quit smoking (smoking cessation).

## IMPORTANT SAFETY INFORMATION (cont'd)

- **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.

### 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.



## How to Take CONTRAVE










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

- Take CONTRAVE exactly as your healthcare provider 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 healthcare provider will change your dose if needed
- Do not change your CONTRAVE dose without talking with your healthcare provider
- Your healthcare provider should tell you to stop taking CONTRAVE if you have not lost a certain amount of weight after 16 weeks of treatment

# 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.

	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 both with weight loss and, for some people, with preventing constipation.

## Swallow CONTRAVE pills whole

- Do not cut, chew, or crush CONTRAVE pills. Tell your healthcare provider 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 healthcare provider or your poison control center at 1-800-222-1222 right away, or go to the nearest emergency room.

Please see additional Important Safety Information throughout and [Full Prescribing Information, including Medication Guide, for CONTRAVE.](#)

## 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.

  
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## Katie's Story

Occupation: City Planner

Katie was overweight most of her life. She struggled with dieting and constant food thoughts. Even though she worked out regularly, she just couldn't lose weight and keep it off.

That's when Katie asked her healthcare provider for help. With CONTRAVE and a renewed focus on healthy habits, Katie was able to go beyond her original weight-loss goals.

“ I was able to lose weight and keep it off with lifestyle changes and CONTRAVE. ”

Real patient taking CONTRAVE at the time of her interview and compensated for sharing her inspiring story. Individual results may vary.

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Visit [CONTRAVE.com](https://www.contrave.com)  
to learn more and sign up  
for weight-loss tips

## LOSE EXCESS BODY WEIGHT AND KEEP IT OFF WITH CONTRAVE

- **Uncontrolled cravings** may lead to eating when you aren't hungry, limiting your weight-loss success
- CONTRAVE targets 2 parts of the brain to **help control cravings and reduce hunger**<sup>\*</sup>
- **Weight loss takes time.** But when you stick with CONTRAVE, lasting success can be possible
- Common GI side effects, including nausea and vomiting, generally went away in 2-4 weeks in clinical studies
- Indicated for use with a reduced calorie diet and increased physical activity
- **Through our savings program**, you can pay as low as **\$0 + get FREE delivery**—regardless of insurance coverage.<sup>†</sup> Auto-refills are available at our specialty pharmacies

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

<sup>†</sup>When using a partner pharmacy, if your insurance covers CONTRAVE, the lowest you pay may be \$0 through our home delivery partner pharmacy program. If you don't have insurance or if your insurance doesn't cover CONTRAVE, you will pay no more than \$99. The savings program is offered by our partner pharmacies. Subject to patient eligibility.

When using a retail pharmacy and the CONTRAVE Savings Coupon Card Program, if your insurance covers CONTRAVE, the lowest you pay may be \$20. If you don't have insurance or if your insurance doesn't cover CONTRAVE, you will pay no more than \$199.

### 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.**

**Please see additional Important Safety Information throughout and [Full Prescribing Information, including Medication Guide, for CONTRAVE.](#)**

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