

FDA APPROVED

# ONCE AT BEDTIME FOR YOUR DAYTIME

LUMRYZ™ (sodium oxybate) for extended-release oral suspension (CIII) is the first and only single-dose sodium oxybate for adults with narcolepsy.

LUMRYZ helps control the daytime symptoms of cataplexy or excessive daytime sleepiness (EDS), while its once-at-bedtime dosing means no waking up for a second dose.

## IMPORTANT SAFETY INFORMATION

**WARNING:** Taking LUMRYZ™ (sodium oxybate) with other central nervous system (CNS) depressants such as medicines used to make you fall asleep, including opioid analgesics, benzodiazepines, sedating antidepressants, antipsychotics, sedating anti-epileptic medicines, general anesthetics, muscle relaxants, alcohol, or street drugs, may cause serious medical problems, including trouble breathing (respiratory depression), low blood pressure (hypotension), changes in alertness (drowsiness), fainting (syncope), and death.

The active ingredient of LUMRYZ (sodium oxybate) is a form of gamma hydroxybutyrate (GHB), a controlled substance. Abuse or misuse of illegal GHB alone or with other CNS depressants (drugs that cause changes in alertness or consciousness) have caused serious side effects. These effects include seizures, trouble breathing (respiratory depression), changes in alertness (drowsiness), coma, and death. Call your doctor right away if you have any of these serious side effects.

Because of these risks, LUMRYZ is available only by prescription and filled through certified pharmacies in the LUMRYZ REMS program. You must be enrolled in the LUMRYZ REMS to receive LUMRYZ. Further information is available at [www.LUMRYZREMS.com](http://www.LUMRYZREMS.com) or by calling 1-877-453-1029.

## INDICATIONS

LUMRYZ (sodium oxybate) for extended-release oral suspension is a prescription medicine used to treat the following symptoms in adults with narcolepsy:

- sudden onset of weak or paralyzed muscles (cataplexy)
- excessive daytime sleepiness (EDS)

Please see full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

 Lumryz™

(sodium oxybate) for extended-release  
oral suspension 

## With narcolepsy, disruptions are felt around the clock

### 24/7 IMPACT

Narcolepsy is a neurological disorder that impairs your ability to regulate sleep cycles, affecting both your days and nights.



EDS, or the persistent feeling of drowsiness during the day, is typically the first symptom of narcolepsy people notice.



Some people also experience **cataplexy**—sudden periods of muscle weakness that can be triggered by strong emotions.



Most people with narcolepsy also experience **disrupted nighttime sleep**.



Other symptoms include **sleep paralysis** and **sleep-related hallucinations**.

**These disruptions create a burden for people with narcolepsy both during the day and at night when trying to sleep.**

### IMPORTANT SAFETY INFORMATION (cont'd)

It is not known if LUMRYZ is safe and effective in people less than 18 years of age.

**Do not take LUMRYZ if you take** other sleep medicines or sedatives (medicines that cause sleepiness), drink alcohol, or have a rare problem called succinic semialdehyde dehydrogenase deficiency.

Keep LUMRYZ in a safe place to prevent abuse and misuse. Selling or giving away LUMRYZ may harm

Please see full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

## Your treatment shouldn't add another nighttime disruption

Sleep is essential to overall health. Not getting proper sleep can:

Impact your mental health • Increase your risk of health problems • Make it harder to fight off sickness

**Current treatment options may cause or even require interruptions in sleep.**



**Other sodium oxybate options require waking up in the middle of the night to take a second dose.**

In a study of people with narcolepsy, participants felt that the number of doses (once-nightly vs twice-nightly) was the most important factor for:

- Choosing a medication
- Taking the medication exactly as directed
- Reducing anxiety and stress



**Daytime treatments may cause insomnia.**

**What would it mean to you if a treatment could help control your daytime symptoms without interrupting your sleep?**

### IMPORTANT SAFETY INFORMATION (cont'd)

others and is against the law. Tell your doctor if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

Anyone who takes LUMRYZ should not do anything that requires them to be fully awake or is dangerous, including driving a car, using heavy machinery, or flying an airplane, for at least six (6) hours after taking LUMRYZ. Those activities should not be done until you know how LUMRYZ affects you.

Please see full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).



INTRODUCING

Lumryz.

(sodium oxybate) for extended-release oral suspension ©

THE FIRST & ONLY

FDA-approved treatment to help improve symptoms of cataplexy or EDS with a **once-at-bedtime dose.**



**Potential for less interrupted sleep**

- No second dose waiting on your nightstand to take in the middle of the night



**Proven effective**

- LUMRYZ delivered daytime symptom relief in a clinical trial



**Consistent dosing**

- Premeasured dose packets make sure you get the right amount of treatment each time



**Discreet and convenient travel**

- Pack the number of dose packets you will need for your trip

Ask your doctor if once-at-bedtime LUMRYZ could be right for you.

**IMPORTANT SAFETY INFORMATION (cont'd)**

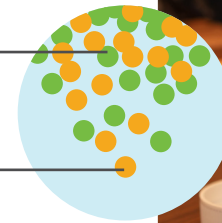
Falling asleep quickly, including while standing or while getting up from the bed, has led to falls with injuries that have required some people to be hospitalized.

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Once-at-bedtime LUMRYZ is designed differently

LUMRYZ contains a blend of granules that work in 2 ways:

- **Immediate-release** granules start working as you fall asleep
- **Controlled-release** granules start working later in place of waking for a second dose



Each dosage strength comes in a different color packet.

The active ingredient in LUMRYZ is *sodium oxybate*.

Sodium oxybate is strongly recommended by the American Academy of Sleep Medicine (AASM) to treat narcolepsy. This is based on evidence that it reduces cataplexy, EDS, and disease severity.

How might a single dose at night impact your day?

**IMPORTANT SAFETY INFORMATION (cont'd)**

LUMRYZ can cause serious side effects, including the following:

- **Breathing problems, including** slower breathing, trouble breathing, and/or short periods of not breathing while sleeping (eg, sleep apnea). People who already have breathing or lung problems have a higher chance of having breathing problems when they take LUMRYZ.

Please see full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

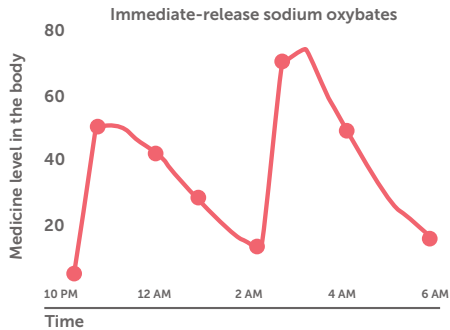
Lumryz.

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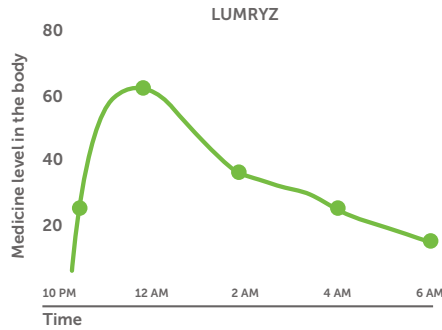
# LUMRYZ may give you the chance for a more natural sleep cycle



A single, once-at-bedtime treatment means no interrupting your sleep to take another dose.



1 First dose      2 Wake for second dose 2.5-4 hours after first dose



1 Single dose

# Once-at-bedtime LUMRYZ is proven to improve daytime symptoms of cataplexy or EDS\*

People who received LUMRYZ experienced:



**REDUCED EDS**  
Stayed awake 2x longer



**REDUCED CATAPLEXY ATTACKS**  
Had 61% fewer cataplexy attacks



**IMPROVED SYMPTOMS**  
73% rated their symptoms as much or very much improved



Had significant improvements as soon as 3 weeks into the study<sup>†</sup>

With daytime symptom relief and no middle-of-the-night dosing, LUMRYZ can make a night and day difference.

## IMPORTANT SAFETY INFORMATION (cont'd)

- **Mental health problems, including** confusion, seeing or hearing things that are not real (hallucinations), unusual or disturbing thoughts (abnormal thinking), feeling anxious or upset, depression, thoughts of killing yourself or trying to kill yourself, increased tiredness, feelings of guilt or worthlessness, and difficulty concentrating. Tell your doctor if you have or had depression or have tried to harm yourself. **Call your doctor right away if you have symptoms of mental health problems or a change in weight or appetite.**

- **Sleepwalking.** Sleepwalking can cause injuries. Call your doctor if you start sleepwalking.

Tell your doctor if you are on a salt-restricted diet or if you have high blood pressure, heart failure, or kidney problems. LUMRYZ contains a lot of sodium (salt) and may not be right for you.

Please see full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

\*These results, measured at week 13, show daytime symptom improvement of participants on the 9 g dose of LUMRYZ in a clinical trial.

<sup>†</sup>As seen in participants taking a 6 g dose of LUMRYZ.

## IMPORTANT SAFETY INFORMATION (cont'd)

The most common side effects of LUMRYZ in adults include nausea, dizziness, bedwetting, headache, and vomiting. Your side effects may increase when you take higher doses of LUMRYZ. LUMRYZ can cause physical dependence and craving for the medicine when it is not taken as directed. These are not all the possible side effects of LUMRYZ.

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(sodium oxybate) for extended-release oral suspension

## The most common side effects reported by participants in the clinical trial were:

Nausea • Dizziness • Bedwetting • Headache • Vomiting

The most common side effect leading to discontinuation was dizziness.

- In a clinical study, side effects typically occurred when participants started a new dose and declined over time while staying on the same dose
- There were no clinically meaningful changes in blood pressure or heart rate

**If you're currently taking an oxybate to treat narcolepsy, talk to your doctor about what you can expect when switching to LUMRYZ.**

LUMRYZ may not be appropriate for some people with narcolepsy. Your doctor can help determine if LUMRYZ is a good fit for you.

### IMPORTANT SAFETY INFORMATION (cont'd)

For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

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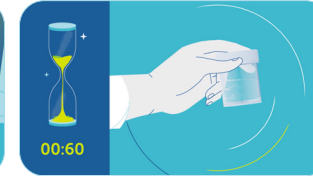
## Take 1 premeasured packet, once at bedtime, for just the right dose.

Please see Instructions for Use for complete administration directions.

LUMRYZ is taken 2 hours after eating:



**PREPARE** at your bedside by pouring **water**, then adding **1 premeasured packet** into the provided mixing cup.



**SHAKE** for at least **60 seconds (1 minute)**.



**TAKE** your medicine and **lay in bed** as you may fall asleep quickly.

Watch a step-by-step guide on how to take LUMRYZ.

Scan the QR code or visit [LUMRYZ.com](http://LUMRYZ.com).



Once you and your doctor have decided LUMRYZ is right for you, your doctor will consider the best way for you to start treatment.

**If you ARE currently taking a sodium oxybate:** Your doctor can switch you to LUMRYZ at the closest dose equal to what you're taking now.

**If you ARE NOT currently taking a sodium oxybate:** Your doctor will start you at the lowest dose of LUMRYZ and increase your dose gradually over time until you reach the one that's right for you.

### IMPORTANT SAFETY INFORMATION (cont'd)

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

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## RYZUP IS HERE FOR YOU

RYZUP is a required support program dedicated to helping you throughout your treatment with LUMRYZ™ (sodium oxybate) for extended-release oral suspension (CIII).



Help accessing LUMRYZ, navigating insurance coverage, insurance changes, and financial assistance services such as co-pays as little as \$0 for eligible patients\*



A personal Nurse Care Navigator (NCN) dedicated to your treatment experience



Continued assistance for as long as you're on treatment

\*Except where prohibited by state law. Some people will not qualify for certain affordability programs. Avadel reserves the right to amend terms and conditions of affordability programs without notice.

For full terms and conditions of the co-pay program, visit [RYZUPSupport.com/copay-terms](https://RYZUPSupport.com/copay-terms).

Your personal NCN will welcome you to RYZUP and explain the next steps to getting started on LUMRYZ.

## GETTING STARTED ON LUMRYZ

LUMRYZ is only available after enrollment in the LUMRYZ Risk Evaluation and Mitigation Strategy (REMS) and RYZUP. Your doctor and specialty pharmacy will also be certified in the LUMRYZ REMS.



Your doctor starts your enrollment in the LUMRYZ REMS and RYZUP Support Services.



To complete enrollment, you must sign the LUMRYZ REMS Patient Enrollment Form and complete the RYZUP Patient Authorization Form.



Your personal NCN calls to welcome you to the program, helps you navigate insurance coverage, and helps identify which REMS-certified specialty pharmacy is in your network and the right fit for you.



The identified specialty pharmacy will then call to arrange for your first shipment of LUMRYZ. **Remember to save their contact info for future updates.**



Want to learn more about RYZUP and getting started on LUMRYZ?

Visit [RYZUPSupport.com](https://RYZUPSupport.com) or scan the QR code.

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## EXPERIENCE A NIGHT AND DAY DIFFERENCE

LUMRYZ helps control the daytime symptoms of cataplexy or EDS, while its once-at-bedtime dosing means no waking up for a second dose.



### PREMEASURED PACKETS

For accurate dosing and discreet travel



### ONCE AT BEDTIME

So you can focus on your sleep



### PERSONALIZED SUPPORT

For every step of the way



Scan for a discussion guide that can help you start a conversation with your doctor or explore more at [LUMRYZ.com](https://www.LUMRYZ.com).

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