
 **ZURZUVAE**[®]
(zuranolone) capsules 
20 mg • 25 mg • 30 mg

Postpartum depression
can feel overwhelming.

*But there is hope
with 14-day
ZURZUVAE.*

Actor portrayal

ZURZUVAE is the first and only FDA-approved oral treatment for PPD that you take for 14 days.

What is ZURZUVAE[®] (zuranolone)?

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?

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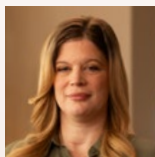
Please see additional Important Safety Information throughout and on pages 14-16, and full Prescribing Information, including Boxed Warning and Medication Guide.



Actor portrayal



“I tell women who have been diagnosed with *postpartum depression* that this isn't their fault. It can be really scary to ask for help, but there's bravery and there's courage in reaching out. There is hope out there.”



—**Bethany**, treated with ZURZUVAE for PPD following the birth of her fourth child
Actual paid patient
Individual experiences may vary.

What is *postpartum depression*?

Postpartum depression (PPD) is depression where symptoms can start during pregnancy or after childbirth. PPD is different from the “baby blues,” which usually gets better within 2 weeks without treatment. PPD symptoms are more intense, last longer, and can be serious if not treated. Only a healthcare provider can tell you if what you are feeling is more than the “baby blues.” That’s why it is important to discuss all your symptoms right away.

Postpartum depression is more common than you may think



About 1 in 8 women

report experiencing symptoms of PPD after giving birth



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 risk factors associated with PPD, which may include:

- **Increased stress**
- **Family or personal history of depression**
- **Hormonal changes during pregnancy**

What are some of the signs and symptoms of *postpartum depression*?

Postpartum depression can cause a number of symptoms. Although you may experience different symptoms, some of the more common symptoms include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue or abnormal decrease in energy
- Being restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping (even when the baby is asleep), waking early in the morning, or oversleeping
- Abnormal changes in appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Trouble bonding or forming an emotional attachment with the baby
- Persistent doubts about the ability to care for the baby
- Thoughts of death or harming oneself or the baby or suicide attempt

This is not intended to provide medical advice. If you have questions, you should always talk to your healthcare provider.

If you're thinking about suicide, call the confidential National Suicide Prevention Lifeline 24/7 at [988](tel:988). If you're having a medical emergency, call [911](tel:911). If you fear for your safety or the safety of your child, get help immediately.

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Rapid relief may start in 3 days

In a clinical study, ZURZUVAE provided a fast way to feel symptom relief



Rapid relief

Women experienced PPD symptom improvement at **Day 15** and as early as **Day 3**.



Results that lasted

Women continued to feel relief for about 4 weeks after they finished taking ZURZUVAE.

ZURZUVAE 50 mg or placebo was studied in women with PPD

- Symptoms started in the third trimester or within 4 weeks of delivery in a 6-week trial
- During the trial, patients took either ZURZUVAE or placebo for 14 days, and were followed up for another 4 weeks
- Significantly greater PPD symptom improvement was demonstrated at **Day 3**, **Day 15** (the primary endpoint), and **Day 45** compared to placebo, using a standard depression rating scale



Actual paid patient



“With ZURZUVAE,
I actually started to notice
a lifting in my mood
probably about day three or four...
people were really seeing a difference.”

—**Bethany**, treated with ZURZUVAE for PPD following the birth of her fourth child

Individual experiences may vary.

IMPORTANT SAFETY INFORMATION (cont.)

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- **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

ZURZUVAE is a federal 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.

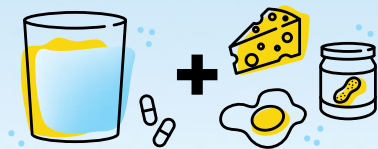
Before taking ZURZUVAE, tell your healthcare provider about all of your medical conditions, including if you:

- 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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14 days of dosing and done with ZURZUVAE



Take once daily with food

Take ZURZUVAE once daily with fat-containing foods. Looking for food ideas? Talk to your healthcare provider for guidance, and tell them about any food allergies you may have.



Take in the evening

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

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



Take all 14 days of treatment

Even if you start feeling better sooner, you should finish all the medicine you were prescribed unless your healthcare provider tells you differently.

Some 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 once daily until you finish the rest of your 14-day treatment.



IMPORTANT SAFETY INFORMATION (cont.)

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:1-844-405-6185) 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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Getting ZURZUVAE

If you've been prescribed ZURZUVAE, your medication will be delivered right to your door. ZURZUVAE is only available from a specialty pharmacy and will be shipped to you directly, as it's not stocked at local pharmacies.

[Watch a video to learn how ZURZUVAE is delivered.](#)

Help is here For You

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



[1-844-987-9882](tel:1-844-987-9882)

ZURZUVAE Financial Assistance Programs

If you have been prescribed ZURZUVAE for the treatment of your postpartum depression (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.

If you have questions about postpartum depression, ZURZUVAE, or services and resources available to support you, you can call the ZURZUVAE For You support line at [1-844-987-9882](tel:1-844-987-9882).

*Financial assistance for eligible patients with commercial insurance under the ZURZUVAE Savings Card Program will be applied directly by the specialty pharmacy filling the prescription. Restrictions apply. Please see full [terms and conditions](#).



Actual paid patient



“I want women to know that they're not alone. A lot of women go through this, and there's an oral treatment approved for PPD, ZURZUVAE, that may be able to help.”

—**Katlyn**, treated with ZURZUVAE for PPD in 2021 as part of a clinical trial

Individual experiences may vary.

Visit [ZURZUVAE.com/stories](https://www.zurzuvae.com/stories)

to watch videos about women who went through a similar experience.

IMPORTANT SAFETY INFORMATION (cont.)

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:

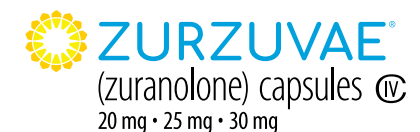
- attempts to commit suicide
- thoughts about suicide or dying
- new or worse depression
- feeling very agitated or restless
- trouble sleeping (insomnia)
- new or worse anxiety
- panic attacks
- new or worse irritability
- acting aggressive, being angry, or violent
- an extreme increase in activity 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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