



DIABETIC NEUROPATHY

Symptoms Survey

If you are experiencing symptoms such as numbness, tingling and burning pain from diabetic neuropathy, use the following checklist as a resource when discussing the problem with your healthcare provider:

I am experiencing one or more of the following symptoms:

NUMBNESS OR WEAKNESS

- My feet are numb and feel dead.
- I don't feel pain in my feet, even when I have blisters or injuries.
- I can't feel my feet when I'm walking.
- I have trouble feeling heat or cold in my feet or hands.
- Sometimes I feel like I have socks or gloves on when I don't.

TINGLING

- I feel "pins and needles" in my feet.
- My feet or hands get very cold or very hot.

PAIN OR INCREASED SENSITIVITY

- I have burning, stabbing or shooting pains in my feet.
- My feet are very sensitive to touch. For example, sometimes it hurts when the bed covers touch my feet.
- My feet hurt worse at night.

WHAT SHOULD I EXPECT FROM METANX® ?

GIVE METANX® A CHANCE TO WORK FOR YOU.

- Neurotrophic management with Metanx® works to improve endothelial function and maintain blood flow in the vessels that carry important nutrients and oxygen to the nerves.¹ If you already have nerve damage, it may take some time before you begin to feel the difference.
- Evidence has shown that patients taking Metanx® have experienced a difference within 1 week or up to 4 months.^{2,3} Individual results may vary. Do not stop taking Metanx® without first talking to your healthcare provider.



HOW DO I TAKE METANX®?

- The usual adult dosage is one tablet twice daily.
- For best results, you should take Metanx® exactly as prescribed by your healthcare provider.

HIGHLIGHTS OF METANX® PRESCRIBING INFORMATION

These highlights do not include all the information needed to use METANX® safely and effectively. See full prescribing information for METANX®.

IDENTITY

Metanx® is an orally administered medical food for the dietary management of endothelial dysfunction in patients with diabetic peripheral neuropathy.

METANX®

L-methylfolate Calcium (as Metafolin®)*	3	mg
Pyridoxal-5'-Phosphate	35	mg
Methylcobalamin	2	mg

*CAS#151533-22-1

INDICATION AND USAGE

Metanx® tablets are indicated for the distinct nutritional requirements of patients with endothelial dysfunction who present with loss of protective sensation and neuropathic pain associated with diabetic peripheral neuropathy.

Metanx® tablets are indicated for the distinct nutritional requirements of patients with endothelial dysfunction and/or hyperhomocysteinemia who present with lower extremity ulceration(s).

DOSAGE AND ADMINISTRATION

The recommended dose is one tablet twice daily (B.I.D.) or as directed. **Metanx®** must be used under medical supervision.

CONTRAINDICATIONS

There have been rare reports of hypersensitivity (allergic-like reactions) to **Metanx®**. Therefore, a known hypersensitivity to any of the components in the product is a contraindication to its use for any indication.

ADVERSE REACTIONS

While allergic sensitization has been reported following both oral and parenteral administration of folic acid, allergic sensitization has not been reported with the use of Metafolin®. Paresthesia, somnolence, nausea and headaches have been reported with pyridoxal 5'-phosphate. Mild transient diarrhea, polycythemia vera, itching, transitory exanthema and the feeling of swelling of the entire body has been associated with methylcobalamin.

¹Abstracts of the 7th Annual Conference on Arteriosclerosis, Thrombosis, and Vascular Biology. Oral Presentations. Arterioscler Thromb Vasc Biol 2006;26:e43-e52.

²Walker M, et al. Improvement in Cutaneous Sensitivity in Diabetic Peripheral Neuropathy With Combination L-Methylfolate, Methylcobalamin, and Pyridoxal 5'-Phosphate. Rev Neurol Dis 2010;7(4):132-139.

³Vascular Disease Management 2005;2(Suppl 6):1S-9S