

# DEPLIN® CAN MAKE A DIFFERENCE WHEN USED WITH AN ANTIDEPRESSANT

## Start a conversation with your doctor about whether DEPLIN® is right for you

If you are already on antidepressant therapy and still feel depressed, talk to your doctor about how adding the proven efficacy of DEPLIN® can help your antidepressant work better, without the side effects of traditional depression medications.

DEPLIN® is prescribed by healthcare professionals and should only be used under the supervision of a physician. To determine if DEPLIN® is right for you, bring the following questions with you to your next doctor visit and get the answers you need.

- What is DEPLIN®?
- How long will I need to take DEPLIN®?
- Is DEPLIN® right for me?
- Is DEPLIN® safe?
- How can DEPLIN® help me?
- What are the side effects of DEPLIN®?
- How is DEPLIN® different from over-the-counter folic acid?
- Is there a program that may help me save on the cost of DEPLIN®?

# TRACK YOUR SYMPTOMS

## After adding DEPLIN® to your antidepressant, keep track of your symptoms to see how DEPLIN® is making a difference for you

When your doctor prescribes DEPLIN® and you begin taking it with your antidepressant, one way to help track your progress is by keeping a weekly symptom diary.

Some symptoms of depression are listed below. At the end of each week you're taking DEPLIN®, rate each symptom from **0** (no sign of symptom) to **10** (symptom is very severe). While monitoring your symptoms is important, it does not take the place of a doctor's supervision.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<b>Sadness</b>												
<b>Loss of interest or pleasure in activities you used to enjoy</b>												
<b>Change in weight/appetite</b>												
<b>Difficulty sleeping or oversleeping</b>												
<b>Low concentration/ Trouble making decisions</b>												
<b>Energy loss/ Feeling slowed down</b>												
<b>Feelings of worthlessness</b>												
<b>Thoughts of death or suicide</b>												

Adapted from the MedlinePlus website (<https://medlineplus.gov/depression.html>).

## To get a complete picture of your progress, it's best to track your symptoms once a week for about 3 months

DEPLIN® is a prescription medical food for use only under the supervision of a physician for the clinical dietary management of depression and is specially formulated to meet the distinctive nutritional requirement for this condition. **Use under medical supervision.**



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