



Your Therapy Journey

Nurturing Your Mental Health



Why Have You Been Prescribed Deplin®?

Depression is more than just feeling sad. It's a varied mental health challenge, shaped by genetics, life stressors and brain chemistry; it impacts not only your mood, but also your physical health and overall quality of life.¹ Around **7 in 10 people** with depression may have a genetic error that impacts their ability to make the active form of folic acid, known as folate (also known as vitamin B9).^{2,3} Active folate helps boost the levels of natural chemicals in the brain that affect mood, so having low levels of active folate can lead to depression, and make it harder to see results from your antidepressant therapy.^{2,4}

DEPLIN is designed to target the key nutritional needs of people with depression by providing you with already-active folate to help **improve your mood and enhance the effectiveness of your current antidepressant.**^{4,5}

Embarking on Your DEPLIN Journey

Day 0: __ / __ / ____

Before starting your therapy journey, you may sometimes feel low and tired, lack motivation or have trouble sleeping.¹ By taking DEPLIN, **you're taking another step forward** on your journey – well done!

Day 0

How do you feel today?
(1=the worst, 10= the best)

Month 1: __ / __ / ____

Keep it up! You're 30 days into your therapy journey. In a clinical trial, some people taking DEPLIN with an antidepressant experienced significant **improvements in their depressive symptoms at 30 days** compared with taking an antidepressant alone.^{5†}

Month 1

Month 3: __ / __ / ____

You're on your way! In a clinical trial, the majority of people taking DEPLIN with an antidepressant for 90 days reported significant **improvements in their depression symptoms** and were overall more **satisfied with their antidepressants.**^{7†}

Have you filled in your symptom tracker?

Month 2: __ / __ / ____

You're doing great! By Day 60, more people taking DEPLIN with an antidepressant felt **major improvements in their depressive symptoms** compared with those taking an antidepressant alone.^{6†}

Month 2

Month 3



Continuing Your DEPLIN Journey

It's important you continue to take DEPLIN every day;⁸ **if you stop taking DEPLIN, you may be at a greater risk of your depression coming back.**^{4,9}

What benefits can you expect?

Persevering with DEPLIN along with your antidepressant can bring:^{5-7†}

- Enhanced **mood**
- Restored **sleep**
- Renewed **energy**
- Improved **concentration**
- Revival of **interests**



How would you describe your mood today?
(1=the worst, 10= the best)

Long-term wellness with DEPLIN

- **Look how far you've come!** Although you may be feeling better, it's important to continue taking DEPLIN with your antidepressant to keep helping to **boost the brain's ability to improve your mood.**³
- Don't forget, taking DEPLIN with your antidepressant every day may help to **prevent symptoms of depression from coming back.**^{8,9}



1 year: __ / __ / ____ and beyond

- By 1 year, **7 in 10 people** in a clinical study taking DEPLIN with an antidepressant reported an **improvement in their depression symptoms**, and most of those people felt a benefit within 3-6 months.^{10†}
- In a clinical study, over **1 in 3 people** taking DEPLIN with an antidepressant for 12 months felt they had **recovered** from their depression, and over **1 in 2 people** achieved **remission.**^{10†}

**Have you booked a follow-up appointment with your doctor?
Don't forget to use your symptom tracker to guide your discussion.**

Year
1



Your next appointment: __ / __ / ____

DEPLIN is a medical food for use only under medical supervision for the clinical dietary management of depression and is specially formulated to meet the distinctive nutritional requirements for this condition.

*Based on US dollar sales through IQVIA reporting channels over a two-year period ending September 2023.

†These are based on clinical studies; however, your individual results may vary. For questions, please consult with your healthcare provider.

1. MedlinePlus.gov. Depression. Available at: <https://medlineplus.gov/depression.html>. Accessed January 22, 2024; 2. Stahl SM. J Clin Psychiatry 2008;69(9):1352-3; 3. Deplin. The DEPLIN Difference. Available at: <https://www.deplin.com/deplin-difference>. Accessed 22 January 2024; 4. Deplin. What is DEPLIN. Available at: <https://www.deplin.com/what-is-deplin>. Accessed January 19, 2024; 5. Papakostas, et al. Am J Psychiatry 2012;169:1267-74; 6. Ginsberg LD, et al. Innov Clin Neurosci 2011;8(1):19-28; 7. Shelton RC, et al. Prim Care Companion CNS Disord 2013;15(4):PCC.13m01520; 8. Deplin Prescribing Information. Available at: <https://www.deplin.com/pdf/DEPLINCapsulesPIStatement.pdf>. Accessed January 22, 2024; 9. Papakostas GI, et al. J Clin Psychiatry 2014;75(8):855-63; 10. Zajecka JM, et al. J Clin Psychiatry 2016;77(5):654-6. .

Manufactured and Distributed by: Alfasigma USA, Inc., Shreveport, LA 71104.

Printed in USA. All rights reserved. © 2024 Alfasigma USA, Inc. 01/24 ALUSA-00988