



By tracking your depression symptoms weekly while taking Deplin®, you create a roadmap of your progress that is invaluable for your HCP to review.

Rate the severity of each symptom you are feeling from 1 (no sign of symptom) to 10 (symptom is very severe).

For our on-line tracker scan the QR code to opt in. Brand Direct Health® Pharmacy will email you the tracker monthly. Each month you complete the survey, a summary of your aggregated results will be emailed to you.



Scan for on-line symptom tracker

- 1-2: Almost never
- 3-4: Occasionally
- 5-6: Sometimes
- 7-8: More often than not
- 9-10: Almost always



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

* Based on US dollar sales through IQVIA NSP reporting channels from October 2021-September 2023 of branded medical foods indicated for Depression.

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 requirement for this condition.

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