

Not satisfied with your
teen's migraine therapy?

For some teens

**PAIN FREE
IS POSSIBLE***¹



ASK YOUR TEEN'S HEALTHCARE PROVIDER ABOUT ZOMIG NASAL SPRAY

*In a clinical study, 30% of teens ages 12 to 17 who used a single spray of ZOMIG Nasal Spray 5 mg had no headache pain compared with 17% who used placebo at 2 hours (primary measurement of the study). The recommended starting dose is 2.5 mg.^{1,2}

Approved Use for ZOMIG Nasal Spray

ZOMIG Nasal Spray is a prescription medicine used to treat migraine headaches with or without aura in adults and pediatric patients (12 to 17 years of age). It is not known if ZOMIG Nasal Spray is safe and effective in children under 12 years of age. Only your doctor can determine if ZOMIG Nasal Spray is right for you.

Limitations of Use:

ZOMIG Nasal Spray should only be used where a clear diagnosis of migraine has been established. For a given migraine attack, if you do not respond to the first dose of ZOMIG Nasal Spray, then your doctor will need to determine if you really have a migraine headache before you take another dose. ZOMIG Nasal Spray is not for the prevention of migraines. ZOMIG Nasal Spray is not for other types of headaches, including cluster headache. ZOMIG Nasal Spray is not for people with moderate or severe liver problems (hepatic impairment).

The maximum daily dose should not exceed 10 mg in any 24-hour period.

**Please see additional
Important Safety Information
on inside pages and accompanying
Full Prescribing Information.**

Zomig[®] Nasal Spray
ZOLMITRIPTAN 2.5 mg
5 mg



IS A MIGRAINE GETTING IN THE WAY OF THEIR DAY?

Migraines are more than just bad headaches.

If your teen gets migraines, they may have



Intense throbbing or pulsating head pain on one or both sides^{3,4}



Head pain that gets worse with activity⁵



Symptoms that last anywhere from 4 to 72 hours⁶



Sensitivity to light, sounds, and smells^{3,5}



Nausea and/or vomiting^{3,5}



Visual auras: Seeing flashing lights, zig-zag lines, or not being able to see at all³

Migraines commonly run in families—up to 80% of people with migraines have family members with migraines.⁷



Whenever a migraine strikes, one thing is for certain: **Your teen wants relief.**

IMPORTANT SAFETY INFORMATION

Do not use ZOMIG Nasal Spray if you have:

- heart problems, a history of heart problems, or problems with the electrical system of your heart
- had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation



GET MEDICATION WHERE IT NEEDS TO BE SOONER

Oral medications—like pills and tablets—are absorbed into your blood by your digestive system. But in some people, the digestive system slows down during a migraine. This may affect how a drug is absorbed.^{8,9}

Zolmitriptan (the medicine in ZOMIG) was used to make a nasal spray to get medication into the blood sooner than the tablet version of zolmitriptan.^{8,10}

In a clinical study with 12 healthy adult volunteers,* when zolmitriptan was given to people as a nasal spray, it got into the blood in **as early as 5 minutes** after using the 2.5-mg dose **compared to 15 minutes** with the tablet form of the same medicine.^{2,10}

TIME TO GET INTO THE BLOOD^{2,10}



ZOLMITRIPTAN
NASAL SPRAY



ZOLMITRIPTAN
TABLET

*This study included volunteers who received zolmitriptan as a nasal spray and an oral tablet. The purpose was to study the safety of zolmitriptan and how it moved through the body.¹⁰

IMPORTANT SAFETY INFORMATION (continued)

- hemiplegic migraines or basilar migraines. If you are not sure if you have these types of migraines, ask your healthcare provider
 - narrowing of blood vessels to your legs, arms, or stomach (peripheral vascular disease)
 - uncontrolled high blood pressure
 - used other migraine medications in the last 24 hours, including other triptans, ergots, or ergot-type medications
 - used monoamine oxidase A inhibitors (MAO-A inhibitors) or you stopped taking a MAO-A inhibitor in the last 14 days
 - allergies to zolmitriptan or any of the ingredients in ZOMIG Nasal Spray
- If you are not sure about any of the above, ask your doctor.

Please see Important Safety Information throughout and accompanying Full Prescribing Information, including Patient Information.

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5 mg



FOR SOME TEENS, PAIN-FREE IS POSSIBLE WITH ZOMIG NASAL SPRAY



In a clinical study,* 30% of teens ages 12 to 17 who used a single spray of ZOMIG Nasal Spray 5 mg[†] had **no headache pain** compared with 17% who used placebo **at 2 hours.**^{‡1}

Complete pain relief at 2 hours was the primary measurement of this study.¹

*There were 81 teens who used ZOMIG Nasal Spray 2.5 mg, 229 who used the 5-mg dose, and 253 who used placebo.¹

[†]The recommended starting dose of ZOMIG Nasal Spray is 2.5 mg. Your doctor will determine what the correct dose is for your teen.²

[‡]The placebo was a nasal spray without medicine in it.

[§]These were secondary measurements in the same study.^{1,11}

Neurologists have counted on ZOMIG Nasal Spray for 15 years for adults. In 2015, ZOMIG Nasal Spray became the first and only nasal spray approved for migraines in teens ages 12 to 17.¹²

IMPORTANT SAFETY INFORMATION (continued)

- Before taking ZOMIG Nasal Spray, tell your doctor about all your medical conditions, including if you have high blood pressure, high cholesterol, diabetes, if you smoke, are overweight, are a female who has gone through menopause, have heart disease or a family history of heart disease or stroke, have liver problems, are pregnant or plan to become pregnant, are breastfeeding or plan to breastfeed. Talk to your doctor about the best way to feed your baby while using ZOMIG Nasal Spray
- Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Especially tell your doctor if you take medicines used to treat mood disorders including selective serotonin reuptake inhibitors (SSRIs), serotonin norepinephrine reuptake inhibitors (SNRIs), monoamine oxidase (MAO) inhibitors or cimetidine (reduces stomach acid production)
- **ZOMIG Nasal Spray can cause serious side effects such as heart attacks (symptoms include severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw that is severe or does not go away), increases in blood pressure, stroke (symptoms include slurring of speech; or unusual weakness or numbness),**



ONE SPRAY MAY BE ALL MOST TEENS NEED



of teens who used ZOMIG Nasal Spray 5 mg[†] **did not need to use a second dose or another medicine within 24 hours** (80% using ZOMIG Nasal Spray 5 mg vs 68% who used placebo).^{*‡§1}



of teens were able to **get back to normal activities at 4 hours** (71% using ZOMIG Nasal Spray 2.5 mg or 5 mg vs 57% who used placebo).^{*§1}



IMPORTANT SAFETY INFORMATION (continued)

life-threatening disturbances of heart rhythm, constriction of blood vessels in the abdomen or other parts of the body (symptoms include changes in color or sensation in your fingers and toes), or serious allergic reactions (symptoms include hives; tongue, mouth, lip or throat swelling; problems breathing). In extremely rare cases, patients have died from these side effects. If you experience any of the above side effects, seek emergency help or contact your doctor right away

Please see Important Safety Information throughout and accompanying Full Prescribing Information, including Patient Information.

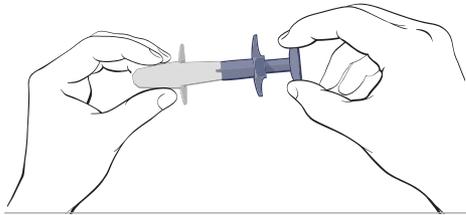
Zomig[®] Nasal Spray
ZOLMITRIPTAN 2.5 mg
5 mg

HOW TO USE ZOMIG NASAL SPRAY²

When your teen has a migraine, it's important that they always follow these instructions to use their device correctly:

Note: There is only 1 dose in the nasal sprayer. Do not try to prime the nasal sprayer or you will lose the dose. Do not press the plunger until you have put the tip into your nostril or you will lose the dose.

> READY



- Gently blow your nose
- Take off the protective cap

> SET



- Hold the device with your fingers and thumb as shown
- With your head upright, gently close 1 nostril with your index finger and breathe out through your mouth

> SPRAY



- Put the tip of the sprayer as far as feels comfortable into the open nostril you didn't block
- Tilt your head back slightly and breathe in slowly through your nose while you press the plunger with your thumb
 - The plunger may feel stiff, and you might hear a click when you press it. It's important to be careful not to spray it in your eyes
- After taking the tip out of your nose, keep your head tilted back and breathe gently through your mouth for 5 to 10 seconds (it's normal to feel liquid in your nose or in the back of your throat)

Keep out of reach of children. Store at room temperature between 68°F to 77°F (20°C–25°C). Properly dispose of the ZOMIG Nasal Spray device after completing the full dose or as soon as it becomes outdated or is no longer needed. Do not reuse.



Your teen may be able to save on their ZOMIG Nasal Spray prescription.

Not valid for patients covered under Medicare, Medicaid, or other federal or state programs. Visit ZNSSavingsCard.com for full Terms, Conditions, and Eligibility Criteria.

IMPORTANT SAFETY INFORMATION (continued)

- ZOMIG Nasal Spray can cause dizziness, weakness, or drowsiness. If you have any of these symptoms do not drive a car, use machinery, or do anything that needs you to be alert
- Some people who take ZOMIG Nasal Spray may have a reaction called serotonin syndrome which can be life-threatening. In particular this reaction may occur when ZOMIG Nasal Spray is used together with certain types of antidepressants known as SSRIs or SNRIs. Symptoms may include mental changes (confusion, seeing

IMPORTANT SAFETY INFORMATION (continued)

things that are not there (hallucinations), agitation, coma), fast heartbeat, changes in blood pressure, feeling faint, fever, sweating, muscle spasm, trouble walking, nausea, vomiting, and/or diarrhea. Call your doctor immediately if you have any of these symptoms after taking ZOMIG Nasal Spray

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ZOLMITRIPTAN 2.5 mg
5 mg



WHEN A MIGRAINE STRIKES, BE PREPARED!

Because no one knows when the next migraine will strike, it's important to always be prepared.

- Keep your teen's medication handy: Migraine medication may be more likely to help them feel better if they take it early in the attack⁹
- Learn your teen's school policy on storing and using medications
- Teach your teen how to use ZOMIG Nasal Spray on their own
- Tell family, friends, and people your teen spends their time with about their migraines

ZOMIG NASAL SPRAY MIGHT BE RIGHT FOR YOUR TEEN



NO NEED FOR WATER²



FITS IN YOUR TEEN'S POCKET OR BACKPACK



NO NEED TO SWALLOW IF YOUR TEEN HAS TROUBLE TAKING A PILL^{2,8}



CAN BE USED WHEN YOUR TEEN FEELS NAUSEOUS^{8,9}

IMPORTANT SAFETY INFORMATION (continued)

- The safety and effectiveness of ZOMIG Nasal Spray have not been established in patients under 12 years of age or patients over 65 years of age

HELP YOUR TEEN TAKE CHARGE OF THEIR MIGRAINE BY¹³



MAINTAINING A REGULAR SLEEPING SCHEDULE



MINIMIZING STRESS



AVOIDING EXCESSIVE HEAT AND HUMIDITY



STAYING WELL HYDRATED



Foods, smells, and weather changes, among other things, may be "triggers" that cause a migraine. Learn more about migraine triggers at AskAboutZNS.com.^{13,14}

IMPORTANT SAFETY INFORMATION (continued)

- The most common side effects reported by adult patients in clinical studies for ZOMIG Nasal Spray include unusual taste; tingling sensation; skin sensitivity; dizziness; nausea; pain, warm sensation, pressure, and tightness sensations such as in the nose, throat, or chest; drowsiness; weakness; disorder/discomfort of the nasal cavity; and dry mouth

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FINDING THE RIGHT TREATMENT IS A PARTNERSHIP BETWEEN YOU, YOUR TEEN, AND THEIR HEALTHCARE PROVIDER

The answers to these questions may be able to help you talk about your teen's migraines with their healthcare provider to find the best treatment.

- 1** Rate the overall impact of migraines on your teen's life. (1 = not at all, 10 = impacts them almost every day)

1 2 3 4 5 6 7 8 9 10

- 2** How often does your teen have migraines?

_____ days per month

- 3** Does your teen currently take any medication for migraines? If so, what medication do they take and how often?

- 4** When your teen takes their current migraine medication, when do they expect to feel better?

- 5** Has waiting for migraine relief caused your teen to miss work or school in the past month?

Yes No

If yes, how many days? _____ days

References: 1. Data on file, Impax Laboratories, LLC. 2. ZOMIG Nasal Spray [package insert]. 3. Migraine information page. National Institute of Neurological Disorders and Stroke. <https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>. Updated March 27, 2019. Accessed June 27, 2019. 4. Migraine. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/migraine-headache/symptoms-causes/syc-20360201>. Updated May 31, 2019. Accessed June 27, 2019. 5. Starling A, Nicholson R. Identifying & treating migraine. American Migraine Foundation. <https://americanmigrainefoundation.org/understanding-migraine/identifying-treating-migraine>. Accessed June 27, 2019. 6. Migraine without aura. IHS Classification ICHD-3. <https://www.ichd-3.org/1-migraine/1-1-migraine-without-aura>. Accessed June 27, 2019. 7. Migraine. National Headache Foundation. <https://headaches.org/2012/10/25/migraine>. Accessed June 27, 2019. 8. Yates R, Sørensen J, Bergström M, et al. *Cephalalgia*. 2005;25(12):1103-1109. 9. Newman LC. *Headache*. 2013;53(S1):11-16. 10. Yates R, Nairn K, Dixon R, Seaber E. *J Clin Pharmacol*. 2002;42(11):1237-1243. 11. Charlesworth BR, Dowson AJ, Purdy A, Becker WJ, Boes-Hansen S, Färkkilä M. *CNS Drugs*. 2003;17(9):653-667. 12. FDA approves ZOMIG® (zolmitriptan) Nasal Spray for migraine in pediatric patients (ages 12-17) [press release]. Hayward, CA: PR Newswire; June 16, 2015. 13. Top 10 migraine triggers and how to deal with them. American Migraine Foundation. <https://americanmigrainefoundation.org/understanding-migraine/top-10-migraine-triggers-and-how-to-deal-with-them>. Published July 27, 2017. Accessed June 27, 2019. 14. Triggers. Association of Migraine Disorders. <http://www.migrainedisorders.org/what-is-a-migraine-disorder/triggers>. Accessed June 27, 2019.



- 6** Does your teen use medication to stop migraines from happening? If so, do they still have migraines?

Yes No

- 7** Has waiting for migraine relief caused your teen to miss social events in the past month?

Yes No

If yes, how many times? _____ times

- 8** How satisfied is your teen with their current migraine medicine (if they are taking one)?

- They are satisfied
 They are not satisfied
 It works sometimes but not others
 It takes too long to work
 They are satisfied but would be open to trying something new

- 9** Would your teen try a nasal spray medicine for migraine?

Yes No Unsure

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Zomig® Nasal Spray
ZOLMITRIPTAN 2.5 mg / 5 mg



THE FIRST AND ONLY NASAL SPRAY FOR MIGRAINES IN TEENS AGES 12 TO 17¹²

- 30% of teens who used the 5-mg* dose had **no headache pain** compared with 17% who used placebo at 2 hours (primary measurement of the study)²
- Nearly 80% of teens who used ZOMIG Nasal Spray 5 mg did not need to use a second dose or another medicine **within 24 hours**¹
- Straightforward to use: **1 spray in 1 nostril**²

*The recommended starting dose is 2.5 mg.²



**Your teen shouldn't have to wait
for relief, so don't wait to ask their
doctor about ZOMIG Nasal Spray!**

IMPORTANT SAFETY INFORMATION (continued)

- The most common side effects in pediatrics (12 to 17 years of age) in clinical trials for ZOMIG Nasal Spray were unusual taste, nasal discomfort, dizziness, mouth/throat pain and nausea

These are not all of the possible side effects of ZOMIG Nasal Spray. For more information, ask your doctor.

To report SUSPECTED ADVERSE REACTIONS, contact Amneal Specialty, a division of Amneal Pharmaceuticals LLC at 1-877-835-5472 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

**Visit AskAboutZNS.com
for more information.**

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