

Still got style.

Still got strength.

Still got spirit.

Still  
got  
it.

My name is Debbie,  
and I've been on  
RYTARY since 2015.



The individuals appearing in this piece were sponsored by Amneal Pharmaceuticals. Your experience and results may vary.

## INDICATION

RYTARY is a prescription medication that contains a combination of carbidopa and levodopa for the treatment of Parkinson's disease, Parkinson's disease caused by infection or inflammation of the brain, or Parkinson's disease like symptoms that may result from carbon monoxide or manganese poisoning.

## IMPORTANT SAFETY INFORMATION

Do not take RYTARY with antidepressant medications known as nonselective monoamine oxidase (MAO) inhibitors because taking these two drugs within two weeks of each other can result in high blood pressure.

Taking RYTARY may result in falling asleep while engaged in normal activities, even without warning and as late as one year after starting to take RYTARY. Other sedating medicines and alcohol taken together with RYTARY may have additional sedative effects. Tell your healthcare provider if you have any kind of sleep disorder or are experiencing drowsiness or sleepiness.

**Please see additional Important Safety Information on adjacent pages and accompanying full Prescribing Information.**

**RYTARY**  
(carbidopa and levodopa)  
EXTENDED-RELEASE CAPSULES  
23.75 mg/95 mg • 36.25 mg/145 mg  
48.75 mg/195 mg • 61.25 mg/245 mg

Your Guide to **RYTARY**

# You may have Parkinson's, but you're still you.

In life, we all have to make choices—big choices, like when to retire, and small choices, like what to cook for dinner. And no matter how momentous or minor the moment, it's these decisions that make us who we are.

By deciding to begin treatment with RYTARY, you've made another important choice. And this brochure is designed to support you in that decision. Inside, you'll learn all about your new medication. You'll also find personal quotes from people just like you who are taking RYTARY for their Parkinson's and want to share their experiences.

We hope these pages will help you get the most out of treatment, so you can feel like you've ***still got it.***

## IMPORTANT SAFETY INFORMATION (continued)

Some side effects of taking RYTARY including sleepiness and dizziness may affect your ability to drive or operate machinery. Do not drive a car, operate a machine, or do anything that requires you to be alert until you know how RYTARY affects you.

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“ I have more ‘on’ time with RYTARY. Parkinson’s doesn’t stop me from stretching and staying physically active as my doctor recommended. ”

Individual results may vary.

Debbie  
**ON RYTARY**  
SINCE 2015

### IMPORTANT SAFETY INFORMATION (continued)

Talk to your healthcare provider before you lower the dose or stop taking RYTARY, as this may result in serious side effects. Call your healthcare provider immediately if you develop withdrawal symptoms such as fever, confusion, or severe muscle stiffness.

Make sure to tell your healthcare provider if you have any heart conditions, especially if you have had a heart attack and also have irregular heartbeats. Some people with a history of or risk factors for heart disease have experienced heart problems while taking RYTARY.

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# Let RYTARY help the real you shine through

Taking RYTARY may result in:

**2X** reduction in “off” time  
compared with immediate-release carbidopa/  
levodopa (IR CD/LD)

In a clinical study, people with advanced Parkinson’s disease taking RYTARY experienced a 13.1% reduction in “off” time during waking hours (compared with only 6.2% for people taking IR CD/LD)\*

- RYTARY at study start and study end†: 36.9% to 23.8%
- IR CD/LD at study start and study end†: 36.0% to 29.8%

## Better movement control

RYTARY also improved motor symptoms compared with IR CD/LD, which may help you perform daily activities‡

\*“Waking hours” is a term used to describe the hours during a day in which you are awake. The primary measurement in this study was the percentage of “off” time during waking hours.

†Study end = Week 22 or early termination.

‡This was a secondary measure of the study.



## IMPORTANT SAFETY INFORMATION (continued)

Some patients taking RYTARY can experience hallucinations (unreal visions, sounds, or sensations) or abnormal thoughts and behaviors (such as excessive suspicion, believing things that are not real, confusion, agitation, aggressive behavior, and disorganized thinking). If you have hallucinations or abnormal thoughts or behaviors, talk with your healthcare provider.

Some patients taking certain medicines to treat Parkinson’s disease have intense urges to gamble, increased sexual urges, other intense urges, and the inability to control those urges. If you or your family members notice that you are developing unusual urges or behaviors, talk to your healthcare provider.

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## You're unique. And so is RYTARY.

The combination of carbidopa (CD) and levodopa (LD) is commonly used in the treatment of Parkinson's disease. But unlike immediate-release (IR) treatments, RYTARY is an extended-release form of this medication.

This means that, unlike IR CD/LD (which works quickly but may not work for very long), each dose of RYTARY works quickly, and keeps working for up to 4 to 5 hours.

### IMPORTANT SAFETY INFORMATION (continued)

Tell your healthcare provider if abnormal involuntary movements appear or get worse during treatment with RYTARY.

Tell your healthcare provider if you have ever had a peptic ulcer, because RYTARY may increase your chances of having bleeding in your stomach.

Tell your healthcare provider if you have glaucoma, because RYTARY may increase the pressure in your eyes.

Every RYTARY capsule contains a unique combination of time-released CD/LD beads.

1/3 contains IR beads that **start working quickly**

**1/3**   
IMMEDIATE  
RELEASE

2/3 contains extended release beads that, when combined with the IR beads, **work up to 4 to 5 hours**

 **2/3**  
EXTENDED  
RELEASE

### What does this mean for you?

Together, these beads allow RYTARY to work quickly—and keep working for up to 4 to 5 hours—to treat the symptoms of Parkinson's disease. This may reduce the amount of “off” time you experience every day.

### IMPORTANT SAFETY INFORMATION (continued)

Parkinson's disease patients are at an increased risk of developing melanoma, a form of skin cancer. See your healthcare provider for regular skin examinations when taking RYTARY.

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“ I was on the lowest dose of RYTARY until I started to have some motor symptoms in my left arm. So my doctor suggested that I try a higher dose. She’s always very honest, and said: ‘You’re going to have some good and bad days as we try to figure out this dose adjustment, but we have to hang in there.’ ”

Individual results may vary.

Debbie  
ON RYTARY  
SINCE 2015

### IMPORTANT SAFETY INFORMATION (continued)

The most common side effects that may occur with RYTARY include nausea, dizziness, headache, sleeplessness, abnormal dreams, dry mouth, abnormal involuntary movements, anxiety, constipation, vomiting, and low blood pressure upon rising. Rise slowly after sitting or lying down for a prolonged period.

**Please see additional Important Safety Information on adjacent pages and accompanying full Prescribing Information.**

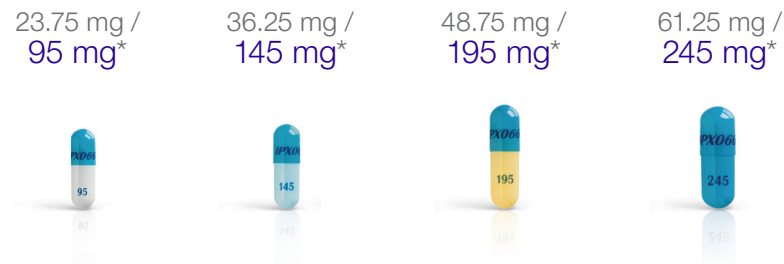
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# RYTARY is not a one-dose-fits-all type of medication

Since everyone is different, your dose of RYTARY will be adjusted to fit your specific needs. And even if you're initially prescribed one dose of RYTARY, your healthcare provider may need to adjust it over time. In fact, in one study, 76% of people required a different dose compared with the recommended starting dose of RYTARY.

To make it easier for your healthcare provider to find the exact dose of RYTARY that's right for you, the medication is available in 4 different capsule strengths.



\*Carbidopa/levodopa.  
Capsules may not be representative of actual size.

## IMPORTANT SAFETY INFORMATION (continued)

Following use in the marketplace, some patients taking RYTARY have experienced suicidal thoughts or have attempted suicide. A causal relationship has not been established. Tell your healthcare provider if you have thoughts of suicide or have attempted suicide.

Notify your healthcare provider if you become pregnant or intend to become pregnant during therapy or if you intend to breast-feed or are breast-feeding an infant.

Everyone gets started on RYTARY one of two ways:

- 1** | If you've taken IR CD/LD in the past, your initial RYTARY dose will be based on that old regimen.
- 2** | If you're new to treatment with CD/LD, you'll be prescribed a standard dose of RYTARY.

While some people may find that their first dose of RYTARY works for them—they experience less “off” time, and they're happy with the results—others may need their dose to be adjusted. It's a normal part of treatment, and it's how your healthcare provider is able to find the dose that works best for you.

Remember, always be open and honest about your progress. And never change your dose or stop taking RYTARY unless directed to by your healthcare provider.

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# Starting right with RYTARY

Like with any medication, it's important that you understand how to take it. For example:



## DO

Take your doses of RYTARY with or without food, and you may want to consider taking your first dose of the day 1 to 2 hours before eating.



## DO

Swallow RYTARY capsules whole. Or, you may sprinkle the entire contents of both halves of the capsule on a small amount of applesauce (1 to 2 tablespoons) and consume the mixture immediately.



## DON'T

Chew, cut, or crush RYTARY capsules.

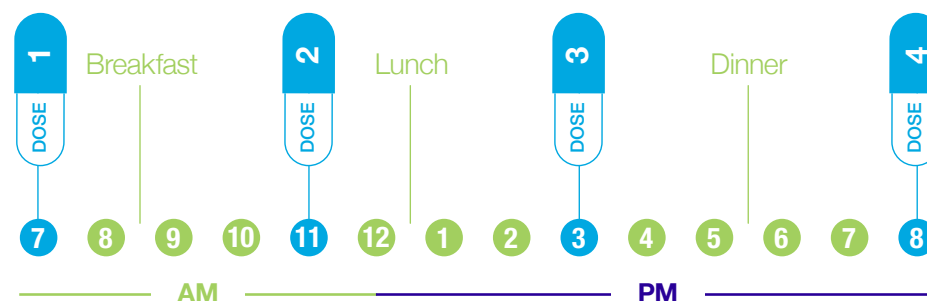
You may also want to avoid eating foods that are high in fat, calories, and/or protein, because these types of foods may affect how your body absorbs RYTARY.

## IMPORTANT SAFETY INFORMATION (continued)

Adverse events following unintentional overdose with this medication have been reported. If you accidentally take more than your prescribed dose, talk to your healthcare provider right away.

## Planning your dose schedule around your meal schedule

Since certain foods affect how RYTARY is absorbed, it may be helpful to plan your dosing schedule around mealtimes. Below, you'll find an example of how to structure such a schedule:



**TIP:** Be sure to follow the exact treatment plan prescribed by your healthcare provider. And always talk to your healthcare provider before making any significant changes to your diet.

## IMPORTANT SAFETY INFORMATION (continued)

Make sure you tell your healthcare provider about all of the prescription and non-prescription medications you take, including supplements, and especially those for Parkinson's disease, heart disease, blood pressure, abnormal thoughts, tuberculosis, and sleep problems, and supplements containing iron. Do not take other carbidopa levodopa preparations with RYTARY without consulting your healthcare provider.

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# Finding the right dose of RYTARY may take time

A big part of finding success with RYTARY is being open and honest with your healthcare provider about how you're doing on RYTARY. This is particularly important during your first few days and weeks on treatment, as your body gets used to your new medication.

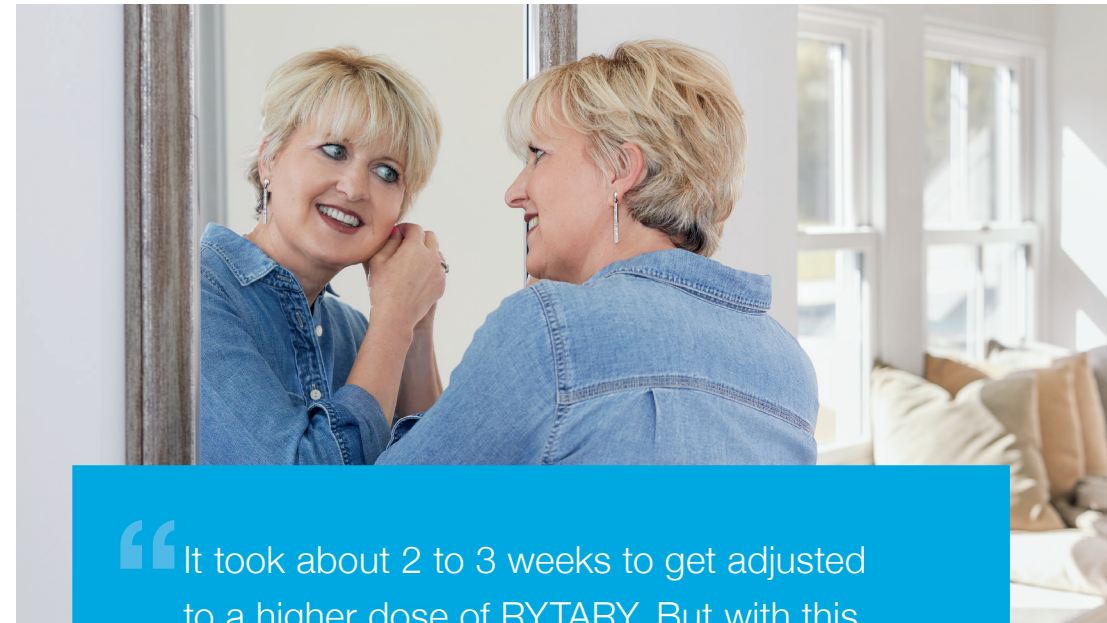
For this reason, check in with your healthcare provider 1 to 3 days after starting treatment, especially if you're experiencing any of the following:

- **Too much “off” time** – when your medication has worn off and the motor symptoms of Parkinson's return
- **A delay in “on” time** – when your medication is working well to control your motor symptoms
- **Too much dyskinesia** – an effect from your Parkinson's medications where you have muscle movements that you can't control

**TIP:** Use your **Treatment Journal** to track your progress and help your healthcare provider identify your ideal RYTARY dose more quickly.

## IMPORTANT SAFETY INFORMATION (continued)

Be sure to take your medicine as instructed. You may take RYTARY with or without food; however, taking RYTARY with food may decrease or delay its effect. For this reason, consider taking the first dose of the day about 1 to 2 hours before eating. Swallow RYTARY whole; do not chew, divide, or crush. If you have difficulty swallowing the capsule, twist apart both halves and sprinkle the entire contents of both halves of the capsule on a small amount of applesauce (1 to 2 tablespoons). Consume the mixture immediately. Do not store the drug/food mixture for future use.



“It took about 2 to 3 weeks to get adjusted to a higher dose of RYTARY. But with this increased dose, I had more ‘on’ time. My doctor also explained some of the possible side effects of RYTARY, like sleepiness or dizziness. If I have side effects, I need to communicate them to my doctor.”

Individual results may vary.

Debbie  
ON RYTARY  
SINCE 2015

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## We're with you on your journey

A variety of materials and programs have been developed to help people taking RYTARY access their prescription, manage their Parkinson's, and have more productive conversations with their healthcare providers.

### IMPORTANT SAFETY INFORMATION (continued)

Note: The information for patients being treated with RYTARY is intended to aid in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects. Tell your healthcare provider if you have any side effects while taking RYTARY. He or she can make adjustments that may reduce these effects.

**To report SUSPECTED ADVERSE REACTIONS, contact Amneal Specialty, a division of Amneal Pharmaceuticals LLC at 1-877-835-5472 or the FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

## Educational Resources

By visiting RYTARY.com, you'll have access to helpful videos, downloadable materials, and tools to help you have more productive conversations with your healthcare provider.

## Programs and Events

You'll also have opportunities to connect with other people in our community through in-person events, online events, and more.

## Quarterly Newsletter

By signing up to receive our newsletter, you'll be the first to know when new and exciting resources, programs, and materials become available.

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**STILL GOT QUESTIONS?**  
VISIT [RYTARY.COM](https://rytary.com) TO LEARN MORE



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10/2024

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