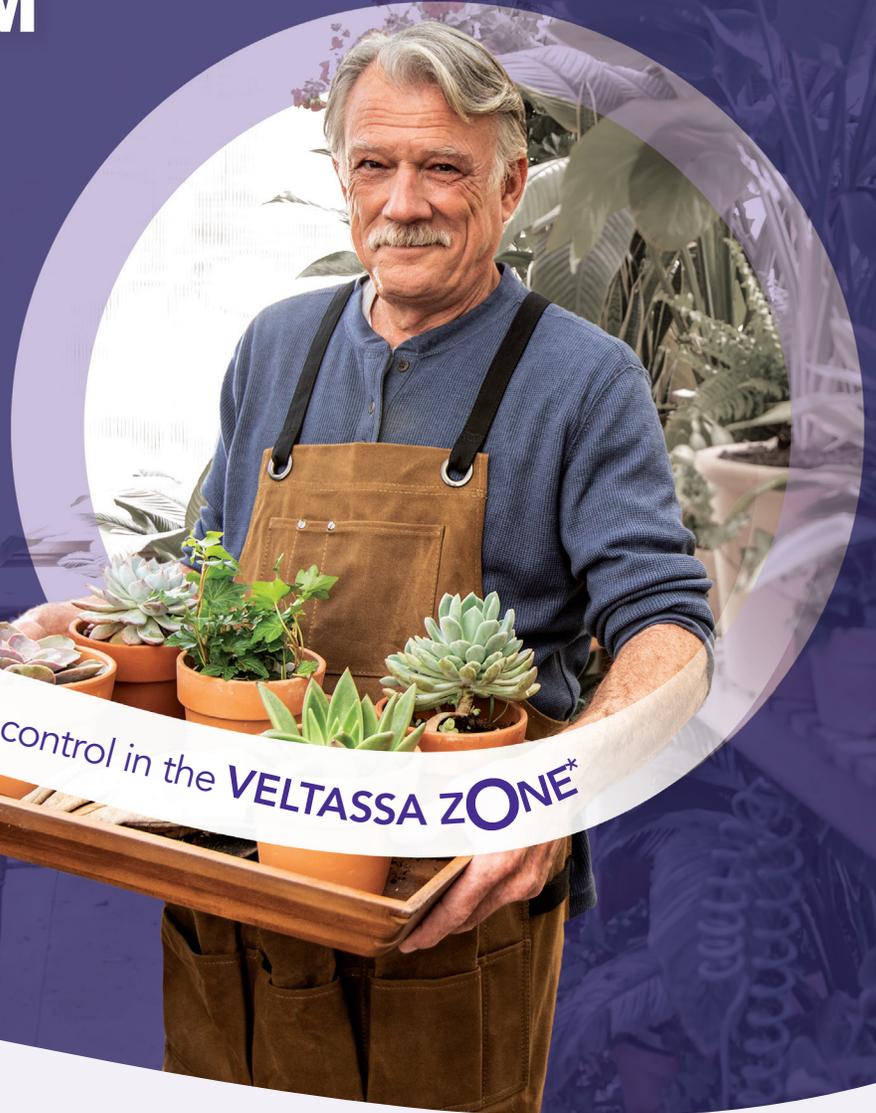


A QUICK GUIDE TO HIGH POTASSIUM AND TAKING VELTASSA



Keep potassium levels under control in the **VELTASSA ZONE***

*In a clinical study, up to 95% of people taking VELTASSA reduced their potassium levels and kept them normal (3.8 to <5.1 mEq/L) over time.

VELTASSA is a prescription medication used to treat high levels of potassium in your blood (hyperkalemia). It is not known if VELTASSA is safe and effective in children.

IMPORTANT SAFETY INFORMATION

Who should not take VELTASSA?

Do not take VELTASSA if you are allergic to VELTASSA or any of its ingredients.

Please see additional Important Safety Information throughout this brochure and full Prescribing Information at www.VELTASSA.com.

A CLOSER LOOK AT HIGH POTASSIUM

You may have just learned from your doctor that you have high potassium (hyperkalemia). That means the potassium levels in your blood have become higher than normal.

Potassium is an important nutrient that helps keep your muscles working properly and your heartbeat regular.



In people with healthy kidneys, extra potassium is removed from the body naturally. But if your kidneys aren't working well, they might not be able to do what they're supposed to.

IMPORTANT SAFETY INFORMATION (continued)

What should I tell my doctor before taking VELTASSA® (patiromer)?

Before you take VELTASSA, tell your doctor about all of your medical conditions, including if you:

- have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)
- have problems with your bowels after bowel surgery

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine. **Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Please see additional Important Safety Information throughout this brochure and full Prescribing Information at www.VELTASSA.com.

UNDERSTANDING THE HEALTH RISKS

For people living with certain types of kidney problems (like chronic kidney disease), high potassium can lead to serious, life-threatening health issues, including:



Irregular heartbeat

Also chest pain, or feeling the heart skipping beats



Heart problems

Including the risk of a heart attack



Hospitalization

Could result from paralysis or other issues

High potassium often goes undetected until serious health problems occur. That's why it's important to treat it, and to meet with your doctor regularly.

A LOW-POTASSIUM DIET CAN HELP

If your kidneys have trouble removing potassium from your body, eating high-potassium foods may make your condition worse. Here's a helpful list of some of the foods to either include (in moderation) or limit in your diet.

High-potassium foods (limit these in your diet)



Fruits: Avocados, bananas, oranges, nectarines, kiwifruit, mangos, papayas, prunes, pomegranates



Vegetables: Brussels sprouts, potatoes, sweet potatoes, pumpkin, tomatoes and tomato products, spinach, beans and legumes, vegetable juice



Other: Milk, yogurt, granola, nuts and seeds, peanut butter, salt substitutes

Low-potassium foods (include these in your diet)



Fruits: Apples, blackberries, blueberries, cherries, cranberries, grapes, pears, pineapple, raspberries, strawberries



Vegetables: Corn, cabbage, carrots, cauliflower, celery, cucumber, eggplant, kale, lettuce, onions, peas



Other: Rice, noodles, pasta, bread and bread products (not whole grain), pies (without chocolate or high-potassium fruit)

Ask your healthcare provider for guidance about which foods are best for you.

ONCE-DAILY VELTASSA CAN HELP



VELTASSA is a sodium-free prescription medicine that helps reduce potassium levels in the blood. In a clinical study, up to 95% of people taking VELTASSA reduced their potassium levels and kept them normal (3.8 to <5.1 mEq/L) over time.

Taking VELTASSA

- VELTASSA is taken once a day with or without food
- VELTASSA comes in single-use packets that you mix with water
- Take VELTASSA exactly as your doctor prescribes. Your doctor will check your potassium levels during treatment with VELTASSA and may change your dose if needed.
- In a study, most people found that VELTASSA has no taste or smell

DO

- Prepare each dose of VELTASSA separately
- Follow the diet your doctor has prescribed
- Mix VELTASSA with water only

DON'T

- **Don't** take VELTASSA that has not been mixed with water
- **Don't** heat, microwave, or add VELTASSA to heated foods or liquids
- **Don't** mix VELTASSA in a blender

Be sure to take VELTASSA at least **3 hours before** or **3 hours after** any other medicine taken by mouth.

IMPORTANT SAFETY INFORMATION (continued)

What are the possible side effects of VELTASSA?

VELTASSA may cause serious side effects, including:

- **Low levels of magnesium in your blood (hypomagnesemia).** Low levels of magnesium in the blood can happen when taking VELTASSA. Your doctor will check the magnesium levels in your blood during treatment with VELTASSA and may prescribe a magnesium supplement.

Please see additional Important Safety Information throughout this brochure and full Prescribing Information at www.VELTASSA.com.

PREPARING VELTASSA



MIX:

Measure 1/3 cup of water in a measuring cup. Pour half of the water into an empty drinking glass. Pour all of the VELTASSA packet contents into the drinking glass with water.* Stir the mixture well.



ADD:

Pour the rest of the water from the measuring cup into the drinking glass containing the mixture. Stir the mixture well. The powder will not dissolve and the mixture will look cloudy. If the mixture is too thick, you can add more water.



DRINK:

Drink the mixture right away. If any powder is left in the glass after drinking, add more water, stir the mixture, and drink the remaining mixture right away. Repeat as needed to make sure you take your entire dose of VELTASSA.

The recommended **minimum** amount of water for VELTASSA dose preparation is **1/3 cup (about 3 ounces)**.†



*You may need more than 1 packet of VELTASSA for your prescribed dose. Make sure to follow the dosing instructions prescribed by your doctor.

† The specified starting amount of water for all doses is about half of 1/3 cup. The remaining water should be added after stirring the powder in the starting amount of water.

To watch a step-by-step video, visit VELTASSA.com/taking

SIGN UP FOR THE STAY-ON-TRACK PROGRAM

The Stay-on-Track program delivers resources that can help you manage high potassium and stay on top of taking VELTASSA every day. You'll receive:

- Tips for living healthy with high potassium
- Seasonal recipes for low-potassium meals
- Reminders about taking VELTASSA



Stay ON Track

To sign up, call **1-844-404-STAY**
Monday through Friday, 9 AM to 8 PM ET
or visit **VELTASSA.com**



IMPORTANT SAFETY INFORMATION (continued)

What are the possible side effects of VELTASSA? (continued)

The most common side effects of VELTASSA include: constipation, low levels of magnesium, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.

Tell your doctor if you have any side effect that bothers you or does not go away. These are not all of the possible side effects of VELTASSA. You may report side effects to FDA at 1-800-FDA-1088.

The risk information provided here is not comprehensive and does not take the place of talking with your doctor about your medical condition or treatment. To learn more about VELTASSA, talk with your healthcare provider or pharmacist. Please see full Prescribing Information at www.VELTASSA.com.

GET FREE HEALTHY RECIPES

Browse and print your favorite recipes
at VELTASSA.com/recipes



Other ways to stay on track with VELTASSA



Remember to fill your prescription of VELTASSA each month.



Call 1-844-870-7597, Monday through Friday, 9 AM to 8 PM ET with questions about VELTASSA.



Ask your doctor any health or treatment questions.



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