

PATIENT INFORMATION

VARVIMAX™ Capsules

Read this information before you start taking VARVIMAX™ and each time you obtain a refill. This information does not excuse the need to consult your doctor about your health condition or your treatment.

What is VARVIMAX™?

VARVIMAX™ is a Medical Food used for dietary management of chronic pain, fatigue, and inflammatory conditions*.

How does VARVIMAX™ work?

VARVIMAX™ contains compounds, such as essential **amino acids** and **flavonoids** that are typically not obtainable by consuming a normal diet.

Flavonoids are organic molecules that can produce anti-inflammatory effects and are naturally present in fruits, vegetables, cocoa, red wine, and green tea¹. Amino acids like arginine and tryptophan are involved in neurotransmission, or the transmission of information from cell to cell². These neurotransmitters are critical in regulating pain and inflammation in your body. If you are suffering from chronic pain, fatigue or an inflammatory condition, you are most likely deficient in these essential amino acids.

VARVIMAX™ has been specifically designed by medical practitioners and scientists to help to restore and maintain the balance of neurotransmitters in your body.

What should I tell the doctor before taking VARVIMAX™?

Before you take VARVIMAX™, tell your doctor if you:

- Have kidney problems.
- Have hypersensitivity to any VARVIMAX™ components.
- Are pregnant or planning to become pregnant.

Tell your doctor about all medicines you are taking, including:

- Prescription medications.
- Over-the-counter medications.
- Vitamins.
- Herbal supplements.

How long does it take to feel better with VARVIMAX™?

Varvimax™ is a product with natural ingredients; therefore, it will have to build up in your system. We have seen positive results as early as 5 days to 45 days from starting Varvimax™. Please give it time to build up in your system. We suggest that you take Varvimax™ for 30 days to feel the positive effects. However, please take Varvimax™ as indicated and as directed by your physician.

When should I avoid taking VARVIMAX™?

VARVIMAX™ as a medical food is not known to significantly interact with other medications. VARVIMAX™ may decrease your need for other medications; however, do not change your treatment without consulting with your doctor first.

* With no known organic cause

Do not take VARVIMAX™ if you are pregnant or breastfeeding, as it is not known if VARVIMAX™ can harm your unborn baby.

Do not let children take VARVIMAX™ as it is not known if VARVIMAX™ is safe and effective in children.

How should I take VARVIMAX™?

- Take up to four (4) capsules of VARVIMAX™ daily or as prescribed by your doctor.
- VARVIMAX™ can be taken with or without food.
- VARVIMAX™ is to be taken only while under the care of your doctor.
- Do not change your dose of VARVIMAX™ or stop your treatment without consulting with your doctor first.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not double your next dose or take more VARVIMAX™ than prescribed.
- **DO NOT TAKE MORE CAPSULES THAN ADVISED/PRESCRIBED BY YOUR MEDICAL PRACTITIONER.**
- If you take too much VARVIMAX™ and are suffering from side effects, immediately call your doctor, call 911 or go to the nearest hospital emergency room.
- Please consult with your Physician if you are taking anti-depressants and/or anticoagulants.

What are the possible side effects of VARVIMAX™?

- Nausea, abdominal cramps, and diarrhea.
- Worsening of kidney function in patients with kidney damage.

Call your doctor immediately if you have any side effects.
For more information ask your doctor or pharmacist.

What are the Contraindications with VARVIMAX™

- VARVIMAX™ is contraindicated in patients with known hypersensitivity to any of the ingredients mentioned in the product.
- Do not use if pregnant.
- VARVIMAX™ ingredient (Docosahexaenoic acid (DHA)/Eicosapentaenoic acid (EPA)) is contraindicated for patients suffering from severe chronic pain or chest pain while resting.
- It is not applicable for the patients suffering from unstable angina.

How should I store VARVIMAX™?

- Store VARVIMAX™ capsules in a cool dry place at 60°- 80° F
- Store VARVIMAX™ capsules in the original bottle with the cap tightly closed.
- Store in the original container with a child-resistant cap. Do not open the bottle until ready for use.

Keep VARVIMAX™ and all medications out of reach of children

What are ingredients for VARVIMAX™?

VARVIMAX™ capsules:

Active ingredients:

5-HTP; Choline L-Bitartrate; Gamma-Aminobutyric Acid (GABA); L-Arginine HCl; L-Glutamine; L-Serine; Astaxanthin; Black Pepper Extract 95%; Boswellia Extract (Boswellia serrata) 65% Boswellic Acid; Curcumin 95%; Docosahexaenoic acid (DHA)/Eicosapentaenoic acid (EPA); Grape Seed Extract; Matcha Green Tea Powder; Panax Ginseng Root Powder; Vitamin B6 (Pyridoxine HCl)

Inactive ingredients:

Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, *[Pharmaceutical Glaze]*