For people with Type 2 Diabetes experiencing **numbness**, **tingling** and **burning** pain in the hands and feet.

If you are experiencing symptoms such as numbness, tingling and/or burning pain from diabetic neuropathy, use the following checklist as a resource when discussing the problem with your healthcare provider:

**I am experiencing one or more of the following symptoms:**

**NUMBNESS OR WEAKNESS**

- My feet are numb and feel dead
- I don’t feel pain in my feet, even when I have blisters or injuries
- I can’t feel my feet when I’m walking
- I have trouble feeling heat or cold in my feet or hands
- Sometimes it feels like I have socks or gloves on when I don’t

**TINGLING**

- I feel “pins and needles” in my feet
- My feet or hands get very cold or very hot

**PAIN OR INCREASED SENSITIVITY**

- I have burning, stabbing and/or shooting pains in my feet
- My feet are very sensitive to touch. For example, sometimes it hurts when the bed covers touch my feet
- My feet hurt worse at night

*If you check one or more of these symptoms, please speak with your healthcare provider.*

Sponsored by: Metanx®

**A PATIENT GUIDE**

This publication provided by: Pamlab®
Diabetic neuropathy is nerve damage caused by diabetes. High blood sugar can reduce blood flow and injure nerve fibers throughout your body, but most often the damage occurs in your legs and feet.

At least 6 out of 10 people with diabetes have some degree of neuropathy making it the most common complication of diabetes.

Diabetic neuropathy with loss of feeling in your feet is one of the most frequent causes of foot ulceration and amputation.

Diabetic neuropathy develops gradually and you may not notice problems until the damage has already occurred. You can prevent diabetic neuropathy or slow its progress with tight blood sugar control and a healthy lifestyle.

**Mild/Moderate Pain**
- Burning, shooting, stabbing pains

**Severe Pain**
- Severe burning, shooting, stabbing pains; increased sensitivity

**Sensory Loss**
- Numbness/deadness
- Painless injury
- Reduced thermal sensation

**Late Complications**
- Ulceration, foot deformity, non-traumatic amputation

*Staging does not imply automatic progression to the next stage. The aim is to prevent or at least delay progression to the next stage.

Reduced blood flow leads to a progressive loss of nerve fibers in the legs and feet.

Loss of nerve fibers correlates with increased diabetic neuropathy symptoms.

*This image represents a patient with diabetic neuropathy with reduced nerve fibers in the skin. = Nerve Fiber
What causes diabetic neuropathy?  

How diabetes leads to nerve damage is a subject of intense research, but two main factors are likely involved:

A. Elevated blood sugar levels damage the blood vessels and reduce blood flow to the nerves, starving them of the oxygen and nutrients they need to survive.

B. Elevated blood sugar levels directly damage the nerves resulting in reduced nerve fiber density.

How Does Metanx® Work in Diabetic Neuropathy?

If you have diabetic neuropathy, there is a good chance that you have reduced blood flow to the nerves in your hands and feet. As a result, your nerves may become damaged and lose the ability to repair themselves.

Metanx® provides the nutritional requirements needed by diabetes patients to restore the metabolic processes associated with diabetic neuropathy to do the following:  

- C. Maintain blood flow in the vessels that carry the nutrients and oxygen to your nerves.
- D. Provide the required nutrients to help facilitate nerve repair.

The majority of diabetes patients with symptomatic neuropathy have reduced nerve fibers.  

Nutritional management of endothelial dysfunction with Metanx® has been shown to increase nerve fibers in patients with diabetic neuropathy.  

To learn more visit www.metanx.com
**What is Metanx®?**

Metanx® is a medical food available by prescription designed to nutritionally manage the metabolic processes that regulate blood vessel and nerve health in patients with diabetic neuropathy.

**How is Metanx® different than over-the-counter vitamins?**

The folic acid, $B_12$ and $B_6$ found in most over-the-counter vitamins are man-made and need to be broken down by the body before they can be used.

<table>
<thead>
<tr>
<th>B Vitamin</th>
<th>Active Dietary Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folic acid</td>
<td>L-methylfolate</td>
</tr>
<tr>
<td>Vitamin $B_6$</td>
<td>Pyridoxal 5′-phosphate</td>
</tr>
<tr>
<td>Vitamin $B_{12}$</td>
<td>Methylcobalamin</td>
</tr>
</tbody>
</table>

Metanx® features the active, naturally occurring forms of these B vitamins used by your body.

**Each Metanx® tablet contains:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-methylfolate Calcium</td>
<td>3 mg</td>
</tr>
<tr>
<td>(as Metafolin®)</td>
<td></td>
</tr>
<tr>
<td>Pyridoxal-5′-Phosphate</td>
<td>35 mg</td>
</tr>
<tr>
<td>Methylcobalamin</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Did You Know?

Up to 50% of individuals are unable to fully convert folic acid into the active form of folate, L-methylfolate.13

**Metanx® is immediately available to provide a nutritional benefit for your blood vessels and nerves.**

*Metanx® is an orally administered medical food for use only under medical supervision for the dietary management of endothelial dysfunction in patients with diabetic peripheral neuropathy.*
**What are Medical Foods?**

A medical food is a specially formulated food that must be used under the supervision of a physician. All components of a medical food must have GRAS status (Generally Recognized as Safe) as designated by the FDA or independent review and the product must also comply with general food safety and manufacturing standards.14

**Medical Foods are intended to manage a specific disease or condition** for which medical evaluation, based on recognized scientific principles, has established distinctive nutritional requirements.

---

**Metanx® as a Medical Food**

Metanx® is indicated for the distinct nutritional requirements of diabetes patients with endothelial dysfunction associated with symptomatic diabetic neuropathy (DN).

---

**Diabetes**

- **Metabolic Process**
- Blood Flow
- Nerve Fiber Density
- DN Symptoms

For example, diabetes causes an imbalance in the metabolic processes responsible for vascular and nerve repair. As a result, blood flow is reduced to the peripheral nerves, causing more severe diabetic neuropathy (DN) symptoms.11

**Metanx®**

- **Metabolic Process**
- Blood Flow
- Nerve Fiber Density
- DN Symptoms

Metanx® provides the nutritional requirements to restore the metabolic processes responsible for vascular and nerve repair.
What Should I Expect From Metanx®?

When Should I Feel the Difference With Metanx®?
Most diabetic neuropathy therapies have a variety of side effects and are effective at covering up the painful symptoms, but your nerve damage continues to get worse.

Once you have addressed your nutritional needs with Metanx®, you may begin to feel the difference in one or more of the following:15,16

- Numbness
- Burning Pain
- Shooting Pain
- Tingling
- Improved Sleep

Give Metanx® A Chance to Work For You
If you already have nerve damage, it may take some time before you feel the difference. Evidence has shown patients receiving nutritional management with Metanx® have experienced improvement within an average of 3 weeks.17 Every person will respond differently to Metanx®.

Where Can I Get Metanx®?
Metanx® is dispensed by prescription and is available at your local pharmacy. Even if Metanx® is not covered by your insurance plan, Metanx® may be less expensive than most insurance co-payments. See page 15 for a guaranteed low price through Brand Direct Health.

How Do I Take Metanx®?
The usual adult dosage is one tablet twice daily.

Is Metanx® Safe?
The active dietary ingredients in Metanx® are well tolerated in short-term and chronic therapy. The side effects are similar to a sugar pill.16 For complete prescribing information, visit www.metanx.com.
What Else Can I Do To Help Myself?

Take Care of YOU First
The most important thing you can do for yourself is to keep your blood sugars as closely controlled as possible, get regular exercise and keep your weight under control.

Get To Know Your Feet
Remember, it’s the numbness in your feet and toes, NOT the pain that increases your risk for further complications. Loss of sensation in the feet means that sores or injuries may not be noticed and may become ulcerated or infected.

More than half of all lower limb amputations occur in people with diabetes. Doctors estimate that nearly half of the amputations caused by neuropathy and poor circulation could have been prevented by careful foot care.4

Here are the steps to follow:

• Inspect your feet and toes everyday for cuts, blisters, redness, swelling, calluses, or other problems. Use a mirror; laying a mirror on the floor works well. Notify your health care provider of any problems.

• You may not recognize the numbness or tingling in your feet because it can be a slow process.

Make sure to remove your socks and shoes in the exam room and have your feet checked at every doctor’s visit.

Web Resources

American Diabetes Association
http://www.diabetes.org
The American Diabetes Association (ADA) is an association working to fight the consequences of diabetes and to help those affected by diabetes offering information for both patients and healthcare professionals.

The Neuropathy Association
http://www.neuropathy.org
The Neuropathy Association is the leading national non-profit organization serving the peripheral neuropathy community.

dLife. For Your Diabetes Life
dLife is the largest diabetes consumer destination offering practical daily lifestyle resources.

Diabetic Connect
http://www.diabeticconnect.com/diabetes-articles
A free online community for diabetes patients offering support, education and a place to share what you want with complete privacy controls.
Important Points to Remember

- The most important thing you can do for yourself is to keep your blood sugar as closely controlled as possible, get regular exercise and keep your weight under control.

- Diabetic neuropathy is associated with reduced blood flow to your nerves. Metanx® is designed to nutritionally manage the metabolic processes that regulate blood vessel and nerve health in patients with diabetic neuropathy.

- It's the numbness in your feet and toes that increases your risk for ulceration and amputation, NOT pain. Most diabetic neuropathy treatments only cover up the painful symptoms while your nerve damage continues to get worse.

- Give Metanx® a chance to work for you. If you already have nerve damage, it may take some time before you feel the difference. Evidence has shown patients receiving nutritional management with Metanx® have experienced improvement within an average of 3 weeks. Do not stop taking Metanx® without talking to your healthcare provider.

References:
14. Section 5(b) of the Orphan Drug Amendments (21 U.S.C. 360ee (b) (3)).
Diabetic Neuropathy: Symptoms Survey

If you are experiencing symptoms such as numbness, tingling and/or burning pain from diabetic neuropathy, use the following checklist as a resource when discussing the problem with your healthcare provider:

I am experiencing one or more of the following symptoms:

NUMBNESS OR WEAKNESS
- My feet are numb and feel dead
- I don’t feel pain in my feet, even when I have blisters or injuries
- I can’t feel my feet when I’m walking
- I have trouble feeling heat or cold in my feet or hands
- Sometimes it feels like I have socks or gloves on when I don’t

TINGLING
- I feel “pins and needles” in my feet
- My feet or hands get very cold or very hot

PAIN OR INCREASED SENSITIVITY
- I have burning, stabbing and/or shooting pains in my feet
- My feet are very sensitive to touch. For example, sometimes it hurts when the bed covers touch my feet
- My feet hurt worse at night

If you check one or more of these symptoms, please speak with your healthcare provider.