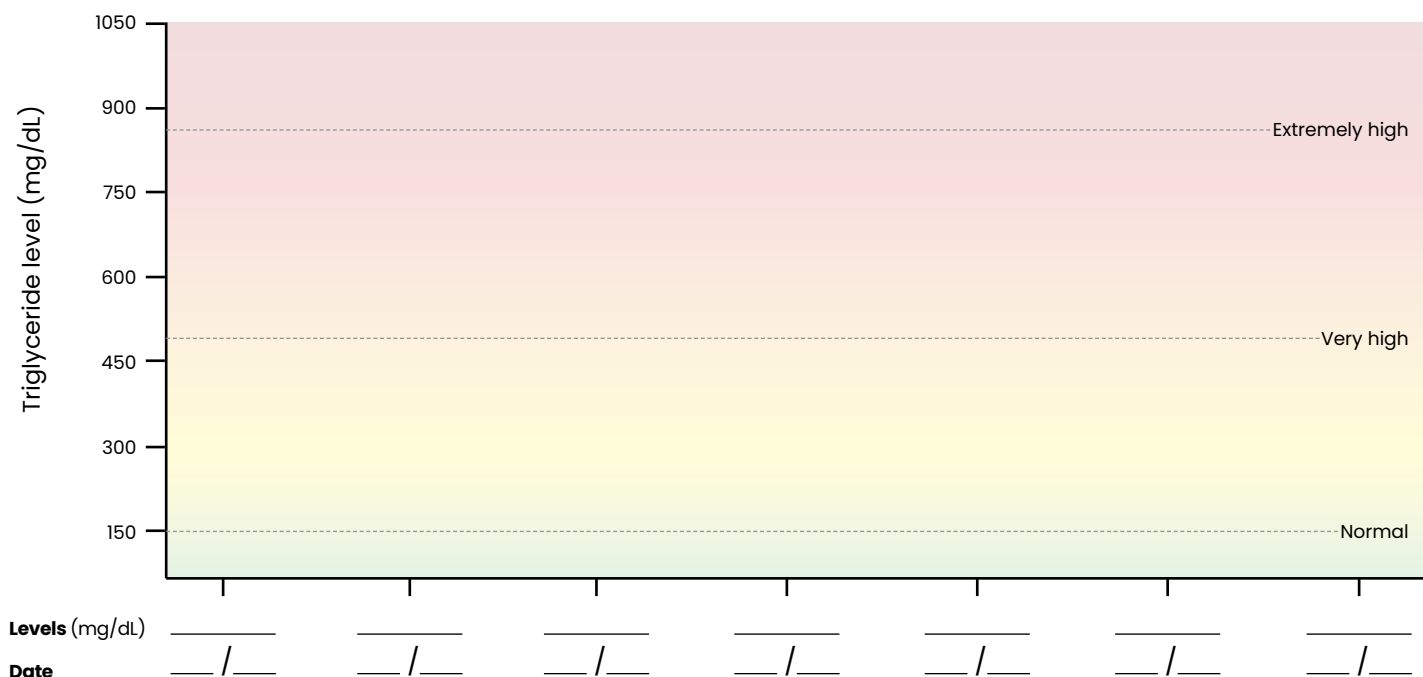


Take Control of Your Triglycerides: Track Your Progress With TRYNGOLZA



Plot your triglyceride level on the chart below.

Share this graph with your doctor to guide discussions on how your treatment is working for you.



Don't be alarmed if there are small increases for a single test result. This does not necessarily mean treatment is no longer working. Compare the overall trend of your triglyceride level before and after starting TRYNGOLZA and discuss with your doctor.

There may be a few reasons why your level of triglycerides increases slightly between blood draws, such as

- Eating a high-fat meal 8-12 hours before a test
- Drinking alcohol, as it contains a lot of sugar and calories
- Pregnancy

Learn more about how to manage your triglyceride level with Ionis Every Step™. Visit [TRYNGOLZA.com/Enroll](https://www.tryngolza.com/enroll) to sign up today.

INDICATION

TRYNGOLZA (olezarsen) is a prescription medicine used along with diet to reduce triglycerides (fat in the blood) and reduce the risk of acute inflammation of your pancreas (pancreatitis) in the treatment of adults with a condition marked by very high levels of triglycerides in the blood called severe hypertriglyceridemia (sHTG). It is not known if TRYNGOLZA is safe and effective in children.

SELECT IMPORTANT SAFETY INFORMATION

Do not use TRYNGOLZA if you have had a serious allergic reaction to TRYNGOLZA or any of the ingredients in TRYNGOLZA.





Before using TRYNGOLZA, tell your healthcare provider about all of your medical conditions, including if you: are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. It is not known if TRYNGOLZA can harm your unborn baby, or if it passes into your breast milk and if it can harm your baby.

Please see Important Safety Information throughout, and accompanying full Prescribing Information and Patient Information for TRYNGOLZA, also available at [TRYNGOLZA.com](https://www.tryngolza.com).

Help Get Out of the Danger Zone: Manage Your Triglycerides With TRYNGOLZA



Triglycerides are a type of fat your body uses to store energy

-  Triglycerides come from the food we eat and are also made within the body itself
-  Triglycerides travel in the bloodstream to provide energy throughout the body
-  Calories that aren't used are turned into triglycerides
-  Triglycerides are stored in fat cells until the body needs the energy

Triglycerides play an important role in your body, but when the triglyceride level in your blood is too high, they can raise your risk for certain health problems, like acute pancreatitis

NORMAL: Triglycerides below 150 mg/dL

- This is considered to be a healthy triglyceride level

HIGH: Triglycerides between 150–499 mg/dL

- This range is considered elevated or high

VERY HIGH: Triglycerides 500–879 mg/dL

- This range is considered very high, and your doctor may refer to it as severe hypertriglyceridemia

EXTREMELY HIGH: Triglycerides above 880 mg/dL

- This level is considered extremely high and may be influenced by genetic factors



High triglyceride levels may be caused by your diet, alcohol use, low physical activity, or even some medications.

Use the triglyceride tracker on the other side when discussing your treatment journey with your doctor 

SELECT IMPORTANT SAFETY INFORMATION

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of TRYNGOLZA?

TRYNGOLZA can cause side effects including allergic reactions that may be serious. Allergic reactions can include redness of the skin, red itchy bumps (hives), swelling of the face, chills or trouble breathing. Stop taking TRYNGOLZA and call your healthcare provider or get emergency help right away if you have any of these symptoms.

TRYNGOLZA can cause increases in liver enzymes and fat stored inside the liver. Your healthcare provider may do liver tests before you start taking TRYNGOLZA or if there is an increase in your dose. Tell your healthcare provider right away if you have the following symptoms of liver problems: feeling tired or weak, right upper stomach discomfort, yellowing of the skin and eyes, loss of appetite, or dark colored urine.

The most common side effects of TRYNGOLZA in people with sHTG include injection site reactions (such as redness, itching, rash, or pain at the injection site) and increased liver enzymes.

These are not all the possible side effects of TRYNGOLZA. Tell your healthcare provider or treatment team about any side effect you may have.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/safety/medwatch, or call 1-800-FDA-1088.

Please see full [Prescribing Information](#) and [Patient Information](#) for TRYNGOLZA, also available at TRYNGOLZA.com.