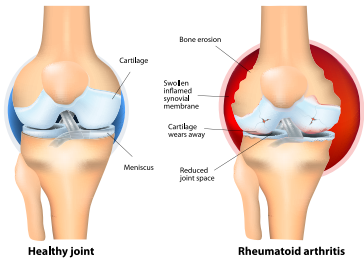


RHEUMATE

## What is Rheumatoid Arthritis (RA)?



Rheumatoid arthritis (RA) is an autoimmune disease where the body's immune system mistakenly attacks the joints, causing inflammation of the joint lining. This

inflammation of the joint lining (called the synovium) can cause pain, stiffness, swelling and redness in and around the joints, especially in the hands and feet. If left untreated, it can cause damage to cartilage and bones resulting in loss of normal movement and joint deformity, which can negatively impact quality of life. Because RA occurs through-out the body, other organs such as the skin, heart, lungs, and eyes may also be affected.

## Living with RA

Although RA is a chronic disease, the severity and duration of symptoms vary greatly over time. People living with RA experience periods of increased disease activity, called

"flare-ups", alternating with periods when the symptoms fade or disappear, called "remission".

While each individual's journey with RA is different, it is a serious disease and should be treated as early as possible to preserve joint function, help relieve symptoms, and

improve quality of life. Following the doctor's instructions and taking all medications and treatments as prescribed is essential. By doing this, many people living with RA can lead happy and productive lives.



Rx  
**Rheumate**  
**#90 Sig. QD or BID**  
**Refill x11**  
 DISPENSE AS WRITTEN

**RHEUMATE**®

**Folate (1mg)**  
**(as L-5-methyltetrahydrofolate)**  
**Methylcobalamin (vitamin B-12) (1mg)**  
**Curcuminoid turmerone complex (500mg)**

**RheumateRx.com**

The specific L-methylfolate (also commonly called L-5-methylfolate) in Rheumate is (6S)-5-methyltetrahydrofolic acid, glucosamine salt under license from Gnosis SpA as Quatrefolic® 1. Cronstein BN. Molecular therapeutics. Methotrexate and its Mechanism of Action. Arthritis and Rheumatism. Dec 1996;39(12):1951-1960. 2. Toffoli G, De Mattia E. Pharmacogenetic Relevance of MTHFR Polymorphisms. Pharmacogenomics. Sep 2008;9(9):1195-1206. 3. Hemeida RA, Mohafez OM. Curcumin Attenuates Methotrexate-induced Hepatic Oxidative Damage in Rats. J Egypt Natl Canc Inst. Jun 2008;20(2):141-148. 4. Naik SR, Thakare VN, Patil SR. Protective Effect of Curcumin on Experimentally Induced Inflammation, Hepatotoxicity and Cardiotoxicity in Rats: Evidence of its Antioxidant Property. Exp Toxicol Pathol. Jul 2011;63(5):419-431. 5. Smith AD. Folic Acid Fortification: The Good, The Bad, and the Puzzle of Vitamin B-12. Am J Clin Nutr. Jan 2007;85(1):3-5. 6. Frank F, Willems, Godfried H.J. Boers, Henk J. Blom, Wim R.M. Aengevaeren, & Freek W.A. Verheugt. Pharmacokinetic study on the utilisation of 5-methyltetrahydrofolate and folic acid in patients with coronary artery disease. British Journal of Pharmacology (2004) 141, 825-830. 7. Francesco Scaglione and Giscardo Panzavolta. Folate, folic acid and 5-methyltetrahydrofolate are not the same thing. Department of Medical Biotechnology and Translational Medicine, University of Milan, Milan, Italy. Xenobiotica, Early Online: 1-9, 2014 Informa UK Ltd. DOI: 10.3109/00498254.2013.845705. 8. Data on file at Primus Pharmaceuticals. 9. Centers for Disease Control and Prevention, U.S. Genome Variation Estimates MTHFR Allele and Genotype Frequencies.

Rheumate is a prescription medical food product for the clinical dietary management of the metabolic effects of methotrexate therapy. Rheumate is to be used under a physician's supervision. Full prescribing information is available at [www.rheumaterx.com](http://www.rheumaterx.com).

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**RHEUMATE**®

**Folate (1mg)**  
**(as L-5-methyltetrahydrofolate)**  
**Methylcobalamin (vitamin B-12) (1mg)**  
**Curcuminoid turmerone complex (500mg)**



**Live Better with**  
**Rheumatoid Arthritis**

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# RHEUMATE

Folate (1mg)  
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## Methotrexate Therapy: The Standard of Care for Patients with Rheumatoid Arthritis (RA)



While there are many treatment options for patients living with Rheumatoid Arthritis (RA), the most common is Methotrexate (MTX), which is classified as a DMARD (Disease-Modifying Anti-Rheumatic Drug).

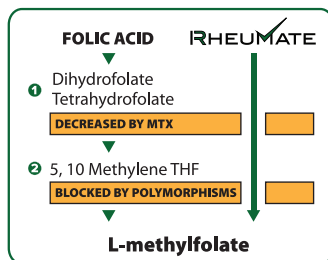
DMARDs are considered the primary therapy for many people suffering from active RA. Methotrexate is one of the most commonly prescribed DMARDs, as it has a well-established record of effectiveness for treating RA for over 30 years. MTX works by decreasing the body's auto-immune response resulting in less inflammation and less pain, leading to a better quality of life.

Although MTX is an effective anti-inflammatory, it can also decrease the body's much-needed supply of folate. Folate is necessary for key metabolic processes. It helps the body produce red blood cells, supports adrenal function and also helps maintain a healthy nervous system. When your body is folate deficient, you may experience the following side effects:



- Nausea
- Fatigue
- Flu-like symptoms
- Stomach pain
- Mouth sores
- Hair Loss
- Elevated liver enzyme levels
- Low number of blood cells (leukopenia and anemia)

## Rheumate: The Perfect Companion to Help Reduce MTX Induced Side Effects



### Contains the Bioactive Folate your Body Needs

Since MTX can decrease folate levels, your doctor may also recommend taking folic acid along with MTX. However,

there are some potential risks with taking traditional folic acid for combating MTX side-effects over the active L-methylfolate that Rheumate provides:

1. Traditional folic acid has to be converted to the active form of folate or L-methylfolate before it can be used by the body. Methotrexate inhibits that conversion, leaving the body depleted of the folate it needs to fight MTX induced side effects.
2. According to the Centers for Disease Control and Prevention (CDC), nearly half of the US population has a genetic defect (MTHFR polymorphism), that blocks the conversion of folic acid into L-methylfolate.

*By supplementing with Rheumate, you can bypass these roadblocks and ensure your body gets the folate it needs to alleviate uncomfortable MTX side-effects.*

**For more information,  
visit [RheumateRX.com](http://RheumateRX.com)**

## Rheumate: Contains Other Key Ingredients to Provide Added Protection

In addition to L-methylfolate, Rheumate also contains high-quality Curcumin and Vitamin B-12.

### Curcumin:

- Protects against MTX induced liver damage
- Has strong antioxidant properties with an average ORAC of 13,500
- The curcumin in Rheumate is 7 X more bioavailable than ordinary curcumin

### Vitamin B-12:

- Added to avoid masking borderline B-12 insufficiency with folate therapy
- Contains Methylcobalamin, the most bioavailable form of B-12

*Unlike traditional folic acid, Rheumate ensures 100% of patients are protected from MTX induced side effects. Ask your doctor about Rheumate today.*

