



Start**ING** your TD treatment

Your guide to taking INGREZZA® (valbenazine) capsules—a treatment proven to reduce tardive dyskinesia (TD) that's **always one capsule, once daily, and #1 prescribed.**



Learn more at
[INGREZZA.com/TD](https://www.ingrezza.com/TD)

Actor portrayals



Important Information

Approved Use

INGREZZA® (valbenazine) capsules or INGREZZA® SPRINKLE (valbenazine) capsules are prescription medicines used to treat adults with movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).

It is not known if INGREZZA or INGREZZA SPRINKLE is safe and effective in children.

IMPORTANT SAFETY INFORMATION

INGREZZA or INGREZZA SPRINKLE can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Tell your healthcare provider before you start taking INGREZZA or INGREZZA SPRINKLE if you have Huntington's disease and are depressed (have untreated depression or depression that is not well controlled by medicine) or have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is especially important when INGREZZA or INGREZZA SPRINKLE is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of hurting yourself.

Please see additional Important Safety Information on pages 18–19 and accompanying full **[Prescribing Information](#)**, including Boxed Warning, and **[Medication Guide](#)**.

Welcome

Living with the uncontrollable movements of tardive dyskinesia (TD) can be challenging. Because TD is unlikely to get better on its own, you've taken an important step to take control by talking to your healthcare provider about treatment options. You're now beginning your treatment journey with INGREZZA[®] (valbenazine) capsules—the #1 most prescribed treatment for TD.



INGREZZA is proven to reduce TD, always one capsule, once daily, and #1 prescribed.

People taking INGREZZA for TD can stay on their current dose of most mental health medications.

You can use this guide to help stay the course with your treatment and for motivating you on your treatment journey.

Select Important Safety Information

Do not take INGREZZA or INGREZZA SPRINKLE if you:

- are allergic to valbenazine, or any of the ingredients in INGREZZA or INGREZZA SPRINKLE.

Please see additional Important Safety Information on pages 18–19 and accompanying full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).

My INGREZZA Treatment Guide

Each page in this guide represents your treatment journey. From week to week, track your movements, log your notes, and learn what to expect as you go. Print as many pages as you need to keep track of your progress.

Be sure to bring your guide to every appointment (in-person or online) to discuss any notes with your healthcare provider and talk about your progress.

YOUR INFO

Healthcare provider: _____

Healthcare provider address: _____

Healthcare provider phone #: _____

Insurance provider: _____

Pharmacy: _____

INGREZZA start date: _____

Upcoming appointments: _____

Please see Important Safety Information on pages 18–19 and accompanying full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).

Prepar**ING** for your treatment journey

Here are some common questions
patients have when taking INGREZZA:

What should I know about taking INGREZZA?

INGREZZA® (valbenazine) capsules makes dosing simple from the start:

- Starts at an effective dose
- Also available in sprinkle formulation
- Always one capsule, once daily
- Taken any time
- With or without food
- Can be added to most stable mental health regimens

Take INGREZZA exactly as your healthcare provider tells you.

How does INGREZZA work?

Some mental health medicines (antipsychotics) can cause abnormal dopamine signaling in the brain. This abnormal signaling can lead to uncontrollable body movements called tardive dyskinesia (TD). Current research suggests that INGREZZA helps by correcting this abnormal dopamine signaling; however, how INGREZZA works to treat TD is not fully understood.



Visit the INGREZZA website through
the link or by scanning the QR code
for additional information

[INGREZZA.com/TD](https://www.ingrezza.com/TD)

Or call 1-84-INGREZZA (1-844-647-3992) 8 AM to 8 PM ET, Mon–Fri.

How do I know INGREZZA is working?

Ask your healthcare provider to explain how INGREZZA works, when to expect results, and to clarify the goals of your treatment, including what you should look for to know if it's working.

Please see Important Safety Information on pages 18–19
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(valbenazine) capsules

Will I see continued TD improvement with INGREZZA?

INGREZZA continued to show TD improvement with continued use. In a long-term study, more than half of people taking INGREZZA saw no or minimal movements for each body part after 48 weeks of treatment with INGREZZA.*

*In a post-clinical study evaluation of the KINECT 4 trial, 59% (61/103) of people who completed the trial taking INGREZZA (40 mg and 80 mg) achieved a score of 1 or less for each body part measured with AIMS at Week 48. The results are descriptive in nature.

I didn't understand what my healthcare provider said to me. What can I do?

Take someone in your network of support to appointments with you, such as a family member, care partner, or friend. They can help you understand and remember your healthcare provider's instructions.

Otherwise, ask your healthcare provider to repeat information or to explain it differently to you.

I have trouble swallowing due to my uncontrollable movements. Are there other ways to take INGREZZA?

If you have trouble swallowing, or prefer not to swallow pills whole, ask your healthcare provider about INGREZZA SPRINKLE capsules. It works the same way as INGREZZA capsules but is available in an easy-to-open capsule with oral granules you can simply sprinkle over soft food.

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Allergic reactions.** Allergic reactions, including an allergic reaction that causes sudden swelling called angioedema, can happen after taking the first dose or after many doses of INGREZZA or INGREZZA SPRINKLE. Signs and symptoms of allergic reactions and angioedema include: trouble breathing or shortness of breath, swelling of your face, lips, eyelids, tongue, or throat, or other areas of your skin, trouble with swallowing, or rash, including raised, itchy red areas on your skin (hives). Swelling in the throat can be life-threatening and can lead to death. Stop taking INGREZZA or INGREZZA SPRINKLE and go to the nearest emergency room right away if you develop these signs and symptoms of allergic reactions and angioedema.

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(valbenazine) capsules

Car**ING** for someone with TD

If you're the care partner of someone with uncontrollable body movements from TD, you can help them through their treatment journey. Here's how:

- Encourage your loved one to talk to their healthcare provider about their TD movements
- If possible, join them for the appointment—you'll be able to provide emotional support and help your loved one remember important instructions from their healthcare provider
- Help recognize and record your loved one's uncontrollable TD movements using this guide so they can share them with their healthcare provider during an in-office or telehealth appointment

Helpful tip: Ask to record your loved one's uncontrollable body movements so they can share them with their healthcare provider during an in-office or telehealth appointment.



Learn more at
[INGREZZA.com/
CarePartners](https://INGREZZA.com/CarePartners)



Actor portrayals

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Sleepiness and tiredness that could cause slow reaction times (somnolence and sedation).** Do not drive a car or operate dangerous machinery until you know how INGREZZA or INGREZZA SPRINKLE affects you. Drinking alcohol and taking other medicines may also cause sleepiness during treatment with INGREZZA or INGREZZA SPRINKLE.

Please see additional Important Safety Information on pages 18–19 and accompanying full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).

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(valbenazine) capsules



INBRACE[®]

SUPPORT PROGRAM

Actor portrayal

The INBRACE[®] Support Program is dedicated to helping you on your treatment journey

The INBRACE[®] Support Program is designed to help patients who are prescribed INGREZZA[®] (valbenazine) capsules by assisting with prescription fulfillment, providing financial assistance options, and product support.



INBRACE[®] SUPPORT PROGRAM

Note the dates of your upcoming refills to stay on track with your treatment.

Refill 1 _____ Refill 4 _____

Refill 2 _____ Refill 5 _____

Refill 3 _____ Refill 6 _____

For additional information about your INGREZZA prescription, visit inbracesupportprogram.com/IngrezzaPatient or call 1-84-INGREZZA (1-844-647-3992) 8 AM to 8 PM ET, Mon–Fri.



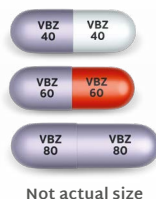
Please scan QR code to see full [Prescribing Information](#), including Boxed Warning, or visit INGProductInfo.com and Medication Guide at INGMedGuide.com.

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What to expect on your INGREZZA TD treatment journey

INGREZZA® (valbenazine) capsules starts at an effective dose.

Your healthcare provider will start you on 40 mg for 1 week and may keep you on 40 mg, or switch you to 60 mg or 80 mg, depending on your treatment needs. The recommended dose of INGREZZA is 80 mg.



Starts Work**ING** Quickly

On average, people taking INGREZZA experience **more than 5x TD reduction at 2 weeks** vs placebo.*

Significantly Reduc**ING** TD†

People taking INGREZZA **reduced TD by more than 10x at 6 weeks** vs placebo.‡

*Reductions based on average change from baseline to Week 2 on an uncontrollable movement severity scale. Results for INGREZZA 80 mg -1.9 (n=77) vs. placebo -0.3 (n=76) in a clinical study.

†INGREZZA was studied in a 6-week clinical trial. A total of 234 people participated in the study. Results were based on 79 people taking the recommended dose of 80 mg.

‡Reductions based on average change from baseline to Week 6 on an uncontrollable movement severity scale. Results for INGREZZA 80 mg -3.2 (n=70) vs. placebo -0.1 (n=69) in a clinical study.

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Heart rhythm problems (QT prolongation).** INGREZZA or INGREZZA SPRINKLE may cause a heart rhythm problem known as QT prolongation. You have a higher chance of getting QT prolongation if you also take certain other medicines during treatment with INGREZZA or INGREZZA SPRINKLE. Tell your healthcare provider right away if you develop any signs or symptoms of QT prolongation, including: fast, slow, or irregular heartbeat (heart palpitations), shortness of breath, dizziness or lightheadedness, or fainting or feeling like you are going to faint.

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(valbenazine) capsules



“It was a relief to know there were treatment options. And that something was available to help my TD symptoms.”

Individual results may vary

– Steve, living with bipolar disorder and tardive dyskinesia

Steve was compensated by Neurocrine Biosciences, Inc. to share his story

AchievING Remission

Remission was achieved with **no or minimal movements** in 59% of people **at 48 weeks**.*

Long-lastING satisfaction

>98% of people were still satisfied after taking INGREZZA® (valbenazine) capsules for **~2 years**.†

*In a post-clinical study evaluation of the KINECT 4 trial, 59% (61/103) of people who completed the trial taking INGREZZA (40 mg and 80 mg) achieved a score of 1 or less for each body part measured with AIMS at Week 48. The results are descriptive in nature.

†55 of 56 patients in a rollover study of patients taking INGREZZA for 48 weeks after completing long-term KINECT 3 & KINECT 4 studies. Based on Patient Satisfaction Questionnaire given to patients at beginning and end of treatment.

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Neuroleptic Malignant Syndrome (NMS).** NMS is a serious condition that can lead to death. Call a healthcare provider right away or go to the nearest emergency room if you develop these symptoms and they do not have another obvious cause: high fever, stiff muscles, problems thinking, irregular pulse or blood pressure, increased sweating, or very fast or uneven heartbeat.

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(valbenazine) capsules

Helpful tips for stay**ING** on track with your treatment



- **Keep your INGREZZA® (valbenazine) capsules in the same place** so you know where it is
- **Record your TD movements** each week using the pages provided in this guide
- **Talk to your healthcare provider** about all concerns and questions
- **Remember to take INGREZZA** as instructed by your healthcare provider—for some people, INGREZZA may work more gradually
- **INGREZZA can cause different side effects**—sleepiness and tiredness are the most common side effects of INGREZZA
- When it's time to **refill your INGREZZA prescription**, call your specialty pharmacy if they haven't contacted you

Track**ING** your results

Use the following pages to track your progress from week to week.
Print as many pages as you need throughout your treatment journey.

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Parkinson-like symptoms.** Symptoms include: body stiffness, drooling, trouble moving or walking, trouble keeping your balance, shaking (tremors), or falls.

Please see additional Important Safety Information on pages 18–19 and accompanying full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).



Track**ING**. Reflect**ING**. Discuss**ING**.

Evaluate your uncontrollable body movements and pay close attention to where they occur. Then, answer some questions about how they impacted you emotionally and physically. **Bring your guide to every appointment to discuss with your healthcare provider.**

Indicate where you had uncontrollable movements.

Compared to last week, were they better, worse, or the same?

	Worse	Same	Better	No movement
Face/Jaw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mouth/Tongue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Torso	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arms/Hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feet/Toes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How did your movements impact you physically? (eg, household activities, writing, typing)

Have you noticed improvements? What have you accomplished as a result?

Any concerns about your progress to discuss with your healthcare provider?

Notes

TrackING. ReflectING. DiscussING.

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Feet/Toes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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TrackING. ReflectING. DiscussING.

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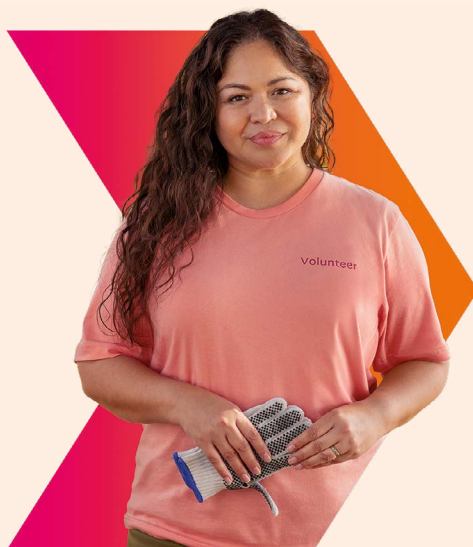
Any concerns about your progress to discuss with your healthcare provider?

Notes

Keep the positive progress goING

You've really come a long way. Now it's all about maintaining your progress. While you may see a reduction in uncontrollable body movements, TD is a chronic condition that may be continually managed with ongoing treatment.

Keep taking INGREZZA® (valbenazine) capsules as prescribed by your healthcare provider. Write down how you're feeling and talk to your healthcare provider about any concerns you have.



Actor portrayal

Select Important Safety Information

INGREZZA or INGREZZA SPRINKLE can cause serious side effects, including:

- **Allergic reactions.** Allergic reactions, including an allergic reaction that causes sudden swelling called angioedema, can happen after taking the first dose or after many doses of INGREZZA or INGREZZA SPRINKLE. Signs and symptoms of allergic reactions and angioedema include: trouble breathing or shortness of breath, swelling of your face, lips, eyelids, tongue, or throat, or other areas of your skin, trouble with swallowing, or rash, including raised, itchy red areas on your skin (hives). Swelling in the throat can be life-threatening and can lead to death. Stop taking INGREZZA or INGREZZA SPRINKLE and go to the nearest emergency room right away if you develop these signs and symptoms of allergic reactions and angioedema.

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INGREZZA®
(valbenazine) capsules

Important Information

Approved Uses

INGREZZA® (valbenazine) capsules or INGREZZA® SPRINKLE (valbenazine) capsules are prescription medicines used to treat adults with:

- movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).
- involuntary movements (chorea) of Huntington's disease. INGREZZA or INGREZZA SPRINKLE do not cure the cause of involuntary movements, and do not treat other symptoms of Huntington's disease, such as problems with thinking or emotions.

It is not known if INGREZZA or INGREZZA SPRINKLE is safe and effective in children.

IMPORTANT SAFETY INFORMATION

INGREZZA or INGREZZA SPRINKLE can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Tell your healthcare provider before you start taking INGREZZA or INGREZZA SPRINKLE if you have Huntington's disease and are depressed (have untreated depression or depression that is not well controlled by medicine) or have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is especially important when INGREZZA or INGREZZA SPRINKLE is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of hurting yourself.

Do not take INGREZZA or INGREZZA SPRINKLE if you:

- are allergic to valbenazine, or any of the ingredients in INGREZZA or INGREZZA SPRINKLE.

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- **Sleepiness and tiredness that could cause slow reaction times (somnolence and sedation).** Do not drive a car or operate dangerous machinery until you know how INGREZZA or INGREZZA SPRINKLE affects you. Drinking alcohol and taking other medicines may also cause sleepiness during treatment with INGREZZA or INGREZZA SPRINKLE.

IMPORTANT SAFETY INFORMATION (continued)

- **Heart rhythm problems (QT prolongation).** INGREZZA or INGREZZA SPRINKLE may cause a heart rhythm problem known as QT prolongation. You have a higher chance of getting QT prolongation if you also take certain other medicines during treatment with INGREZZA or INGREZZA SPRINKLE. Tell your healthcare provider right away if you develop any signs or symptoms of QT prolongation, including: fast, slow, or irregular heartbeat (heart palpitations), shortness of breath, dizziness or lightheadedness, or fainting or feeling like you are going to faint.
- **Neuroleptic Malignant Syndrome (NMS).** NMS is a serious condition that can lead to death. Call a healthcare provider right away or go to the nearest emergency room if you develop these symptoms and they do not have another obvious cause: high fever, stiff muscles, problems thinking, irregular pulse or blood pressure, increased sweating, or very fast or uneven heartbeat.
- **Parkinson-like symptoms.** Symptoms include: body stiffness, drooling, trouble moving or walking, trouble keeping your balance, shaking (tremors), or falls.

Before taking INGREZZA or INGREZZA SPRINKLE, tell your healthcare provider about all of your medical conditions including if you: have liver or heart problems, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Make sure you tell all of your healthcare providers that you are taking INGREZZA or INGREZZA SPRINKLE. Taking INGREZZA or INGREZZA SPRINKLE with certain other medicines may cause serious side effects. Especially tell your healthcare provider if you: take digoxin or take or have taken a monoamine oxidase inhibitor (MAOI) medicine. You should not take INGREZZA or INGREZZA SPRINKLE if you are taking, or have stopped taking, a MAOI within the last 14 days.

The most common side effects of INGREZZA or INGREZZA SPRINKLE in people with tardive dyskinesia are sleepiness and tiredness.

The most common side effects of INGREZZA or INGREZZA SPRINKLE in people with chorea associated with Huntington's disease include sleepiness and tiredness, raised itchy red areas on your skin (hives), rash, and trouble getting to sleep or staying asleep.

These are not all of the possible side effects of INGREZZA or INGREZZA SPRINKLE. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch at www.fda.gov/medwatch or call **1-800-FDA-1088**.

Dosage Forms and Strengths: INGREZZA and INGREZZA SPRINKLE are available in 40 mg, 60 mg, and 80 mg capsules.

Please see full [Prescribing Information](#), including Boxed Warning, and [Medication Guide](#).