

SIGNS AND SYMPTOMS OF MENOPAUSE:

- Hot flashes
- Night sweats
- Irregular periods that can be heavy, light, shorter or longer cycles
- Difficulty sleeping either getting to sleep or staying asleep
- Mood changes, anxiety, depression, irritability
- Heart palpitations (if you experience any heart disturbances, always consult a physician)
- Dry skin and/or hair loss
- Loss of or decreased sexual desire
- Vaginal Dryness
- Incontinence – the inability to hold your urine



TALKING TO YOUR DOCTOR

If you are 40-50 years old and have many risk factors, or if you are 50 or older, or have gone through surgical menopause, it is important to talk with your doctor about your risk for osteoporosis.

Taking Charge Requires a Few Easy Steps:

- 1) Discuss any menopausal signs or symptoms you are experiencing with your physician.
- 2) Ask your doctor if you should have a bone mineral density scan.
- 3) If you are at risk, or if your T-score is lower than -1.0, ask your doctor if Fosteum PLUS is right for you. Your doctor can provide you with samples of Fosteum PLUS.
- 4) Be sure to have all of your questions answered by your doctor.

For More Information Visit
FosteumPLUS.com

Fosteum PLUS is manufactured for:
Primus Pharmaceuticals, Inc.
Scottsdale, AZ 85253
www.primusrx.com



Manufactured by:
Cornerstone Research & Development, Inc.
Ogden, UT 84404

U.S. Patent Nos. 5,516,925*, 5,935,996, 7,582,418*, 7,838,042*, 8,338,393,
WO2009063485, WO2010103545, WO2012059942. Patents pending.
*Used under license from Albion Laboratories, Inc., Cleared, UT.
©2013 Primus Pharmaceuticals, Inc. All rights reserved.

Fosteum PLUS is a prescription medical food product for the safe clinical dietary management of the metabolic processes of osteopenia and osteoporosis. Fosteum PLUS is for use under a physician's supervision. Full prescribing information is available at www.FosteumPLUS.com.
© 2013 Primus Pharmaceuticals, Inc. All rights reserved. ISS. 1015 #13507

Are You Geared for Menopause?



Fosteum PLUS

**Build Quality Bone Long Term
Manage Hot Flashes Today**

DID YOU KNOW MOST BONE LOSS OCCURS IN THE FIRST TWO YEARS OF MENOPAUSE?

How are menopause and bone loss linked?

The importance of early bone loss and its association with estrogen deficiency has been demonstrated in clinical studies. The highest rates of bone loss occurs in women within the first few years of menopause.

- **Fosteum PLUS demonstrated a significant reduction in hot flashes frequency and severity**
- **In clinical trials, the genistein and calcium in Fosteum PLUS demonstrated a +3% per year mean increase in BMD and a significant increase at Year 3 compared to placebo (femoral neck +16%, lumbar spine +20%)**

For More Information Visit
FosteumPLUS.com

**Ask your doctor today
for a FREE sample**

About Bone Density

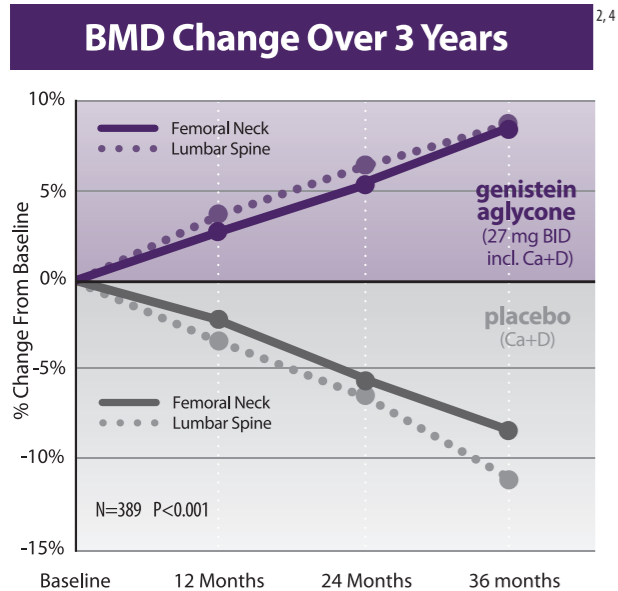
What is a T-score and how is it measured?

A T-score is a measure of your bone density. Higher, positive numbers usually mean stronger bone. The T-score is determined by comparing your T-score to that of an ideal younger woman's T-score at peak bone density. If your result is lower than the younger comparison, your T-score would be a minus number. A score between -1.0 and -2.5 indicates osteopenia or low bone mass. A score lower than -2.5 indicates osteoporosis.

How do I know if I have osteopenia or osteoporosis?

At first you would not know because osteopenia and osteoporosis have no symptoms in the beginning. There is no pain or feeling of discomfort when osteoporosis begins. Later, after a lot of bone is lost, you may experience symptoms.

+3% per year mean increase in BMD



STUDY DESCRIPTION: 389 osteopenic postmenopausal women were randomized to genistein (n = 198) or placebo (n = 191) for 2 years, and a subgroup of 138 patients entered into a 3rd year extension. The placebo and genistein capsules both provided 1,000 mg calcium and 800 IU cholecalciferol per day.

Frequently Asked Questions

What is Fosteum PLUS?

Fosteum PLUS is a specially formulated prescription medical food product, developed exclusively from natural ingredients. It is used to manage osteopenia and osteoporosis. Fosteum PLUS is indicated when a good diet and supplements like calcium plus vitamin D are not enough, or if you cannot take or tolerate other bone therapies. In clinical trials, Fosteum PLUS demonstrated significant increases in bone mineral density (and T-scores) at the spine and hip compared to calcium and vitamin D alone. Fosteum PLUS is supplied in a capsule.

Does Fosteum PLUS have any effect on hot flashes?

In clinical trials, Fosteum PLUS demonstrated a significant reduction in hot flashes over time. At 12 months, the frequency of hot flashes was reduced by 57% and the severity of hot flashes was reduced by 38%. In the same clinical trial, the group of women who experienced at least 5 hot flashes per day, 74% of them experienced improvement in the Fosteum PLUS group versus 0% in the group taking calcium plus vitamin D alone. After two years, the hot flash number was about the same, but severity dropped by approximately another 30%.

How does Fosteum PLUS work?

Fosteum PLUS slows down the cells that break down bone and stimulates the production of more cells and their activities that build bone. This normalizes bone turn-over and results in increased bone mass.

Is Fosteum PLUS safe?

Fosteum PLUS has been shown to be safe in clinical trials, causing no changes in breast, vaginal or uterine tissue and only positive changes in markers for cardiovascular (heart and blood vessel) health. Unlike other osteoporosis therapies, Fosteum PLUS has not been shown to damage the esophagus (the tube that connects your mouth and stomach).

Who should take Fosteum PLUS?

Anyone at risk for bone loss can take Fosteum PLUS during menopause (irregular periods, breast tenderness, occasional or

constant hot flashes), that time when estrogen is decreasing in a woman's body, and post menopause (after periods have ceased for a year and estrogen is no longer excreted from the ovaries). Women who have had surgery to remove their ovaries may also take Fosteum PLUS. Take Fosteum PLUS when you cannot take or tolerate other bone therapies as well.

If I have a lot of risk factors for osteoporosis, can I take Fosteum PLUS?

If you and your doctor agree that early intervention is appropriate and you don't fall into any of the categories listed in "Who should not take Fosteum PLUS?", you can take Fosteum PLUS.

How should I take Fosteum PLUS?

Take Fosteum PLUS with or without food, whichever you prefer. Take it with any beverage you like. You do not have to stand or sit after taking Fosteum PLUS. You may take Fosteum PLUS and lie down immediately if you wish.

Take 1 capsule two times a day approximately 12 hours apart.

What if I miss my dose of Fosteum PLUS?

If you miss a dose you may take it when you remember. If it is very close to time for your next dose, wait and take the next dose on schedule.

What are the ingredients in Fosteum PLUS?

Fosteum PLUS consists of a specially formulated proprietary blend of dicalcium malate and pentacalcium hydroxide triphosphate, sodium phosphate, high purity genistein aglycone from a natural, non-soy source, citrated zinc bisglycinate, trans-menaquinone-7 (vitamin K2), and cholecalciferol (vitamin D3).

Fosteum PLUS also contains the following other ingredients as excipients: micro-crystalline cellulose, magnesium stearate, silicon dioxide, and sodium copper chlorophyllin. The capsule is bovine gelatin, with titanium dioxide for the capsule color. Fosteum PLUS does not contain fructose, glucose, sucrose, lactose, gluten, maltodextrin, tree nuts, peanuts, soy, avors or products of seafood origin.

What are the possible side effects of Fosteum PLUS?

The most common side effect of Fosteum PLUS is minor nausea or upset stomach. If this should happen to you, try to take Fosteum PLUS with food as this may reduce the likelihood of side effects. In clinical trials the women who took Fosteum PLUS and the ones who took a placebo (calcium plus vitamin D) had the same side effects. The number of women who had side effects was small, but it was higher in those who took Fosteum PLUS.

If I am currently taking a drug for osteopenia or osteoporosis how do I switch to Fosteum PLUS?

You may start taking Fosteum PLUS immediately or as directed by your physician.

Who should not take Fosteum PLUS?

Do not take Fosteum PLUS:

- If you are allergic to any ingredient in Fosteum PLUS. (See "What are the ingredients in Fosteum PLUS?")
- If you're pregnant or nursing (because it has not been tested in pregnant or nursing women.)
- If you are still producing estrogen from your ovaries and are of child bearing age (because it has not been tested in premenopausal patients).

What if I have other questions about Fosteum PLUS?

This brochure gives you the most important information about Fosteum PLUS, but if you need more, ask your health care provider or pharmacist. They can give you information written for health care professionals. If you need more information, visit FosteumPLUS.com or call 1-480-483-1410.

For More Information Visit
FosteumPLUS.com