

*1 in 3 women experience
heavy menstrual bleeding (HMB)
at some point in their lives*



COULD YOUR “NORMAL” PERIOD ACTUALLY BE HMB?



The only FDA-approved birth control pill for HMB not caused by any diagnosed conditions of the uterus (womb) in women who choose to use the Pill as their method of birth control.

Natazia®

estradiol valerate 3mg, 1mg tablets
estradiol valerate/dienogest 2mg/2mg, 2mg/3mg tablets

**Ask your healthcare provider about Natazia.
Samples now available!**

**Please see Important Safety Information
including Boxed Warning throughout this
brochure and on pages 4 and 5.**

**[Please click here for
full Prescribing Information.](#)**

Natazia[®] (estradiol valerate and estradiol valerate/dienogest) offers a once-daily pill combining estrogen and progestin.

Indications for Natazia

Natazia is a birth control pill approved to prevent pregnancy. Natazia can also be used for the treatment of heavy menstrual bleeding that is not caused by any diagnosed conditions of the uterus (womb) in women who decide to use the Pill for birth control.

NATAZIA has not been studied for pregnancy prevention in women who are obese (body mass index >30).

Important Safety Information

Who should not take Natazia?

WARNING TO WOMEN WHO SMOKE

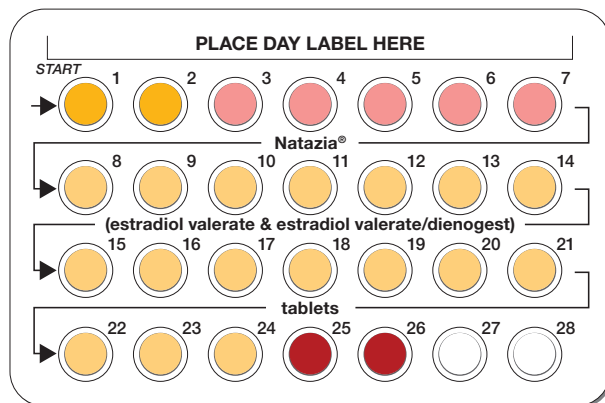
Do not use Natazia if you smoke cigarettes and are over age 35. Smoking increases your risk of serious cardiovascular side effects (heart and blood vessel problems) from birth control pills, including death from heart attack, blood clots or stroke. This risk increases with age and number of cigarettes smoked.

Do not use Natazia if you have liver disease, or if you have or have had blood clots, breast cancer or other certain cancers, history of heart attack or stroke, or if you are or may be pregnant.

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If you're ready to start Natazia...

You will take one pill once a day – the pack and the included instructions will guide you.



Natazia only works to prevent pregnancy if it's taken consistently and correctly. You should never skip a pill or delay taking your daily pill for more than 12 hours. Please refer to the product information included in this brochure and in every pack of Natazia for instructions on what to do in case you miss a pill.

[Please click here for full Prescribing Information.](#)

Important Safety Information

Who should not take Natazia (estradiol valerate and estradiol valerate/dienogest)?

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Do not use Natazia if you have liver disease, or if you have or have had blood clots, breast cancer or other certain cancers, history of heart attack or stroke, or if you are or may be pregnant.

What are the most serious risks of taking Natazia?

Natazia increases the risk of serious conditions including blood clots, stroke, and heart attack. The risk of blood clots is highest during the first year of use. This risk is greatest when first starting the Pill and when restarting the same or a different Pill after a 4 week or greater break.

Call your healthcare provider right away if you have:

Persistent leg pain; sudden shortness of breath; sudden blindness, partial or complete; severe pain in your chest; sudden, severe headache unlike your usual headaches; weakness or numbness in an arm or leg, or trouble speaking; yellowing of the skin or eyes



What are the most common side effects in Natazia clinical trials?

The most common side effects were headache/migraine, breast pain/discomfort/tenderness, menstrual disorders, nausea/vomiting, acne, mood changes, and weight gain.

Tell your healthcare provider about all medicines and herbal products you take including daily long-term treatment for chronic conditions.

Natazia does not protect against HIV infection (AIDS) or other sexually transmitted diseases (STDs).

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

[Please click here for full Prescribing Information.](#)

When it comes to heavy periods, how long is too long?

If your period lasts more than 7 days and includes blood loss of about 5 1/2 tbs or more (about 1.3 cup), you may have heavy menstrual bleeding (HMB).

See where you stand compared to normal periods.

	Days	Blood loss
HMB	≥7 DAYS	  5 1/2 tablespoons
Normal period	4-5 DAYS	  2 1/2 tablespoons

Many women don't know that there may be something they can do about HMB. Talking to your doctor is the first step.

Remember, your healthcare provider is here to help you make the right choices. If you choose the Pill for birth control—and if you do not have an underlying condition of your uterus such as fibroids and polyps—Natazia® (estradiol valerate and estradiol valerate/dienogest) may be the right choice for you.

That's because Natazia is the *only* birth control pill that's also FDA-approved to treat HMB in women who choose to use an oral contraceptive as their method of birth control.



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[Please click here for full Prescribing Information.](#)

How to discuss your period during your visit

Heavy bleeding is one of the most common problems women report to their doctors. If you're well prepared for the conversation, you'll feel more relaxed and confident expressing yourself.



Here are some specific things to consider before you discuss your period symptoms with your healthcare provider:

- ❑ Do you regularly soak through pads or tampons, and sometimes wake up in the middle of the night to change them?
- ❑ Are you afraid of having bleeding accidents in public?
- ❑ Are you concerned about how frequently you have to change pads or tampons during your cycle?
- ❑ Do you sometimes miss work or stay in at night because of your heavy bleeding?

What are the most serious risks of taking Natazia (estradiol valerate and estradiol valerate/dienogest)?

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Please click [here](#) for full Prescribing Information.

How well does Natazia® (estradiol valerate and estradiol valerate/dienogest) work to treat heavy menstrual bleeding (HMB)?

When taken as directed, prescription Natazia is highly effective at preventing pregnancy. But that's not all. Natazia can also be used for the treatment of HMB not caused by any diagnosed conditions of the uterus.

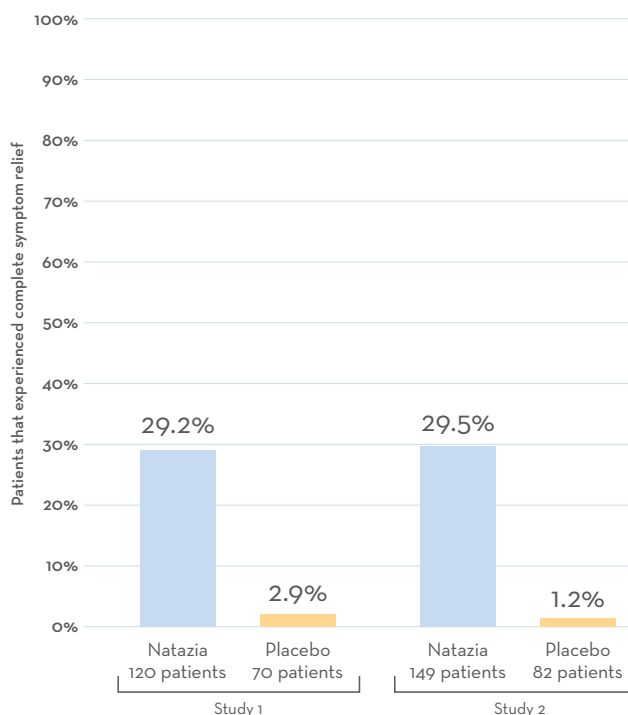
About the clinical studies

Two clinical studies compared Natazia with placebo (inactive hormone-free pill) in women experiencing irregular bleeding symptoms: heavy, frequent, and/or prolonged bleeding not caused by any diagnosed conditions. The effectiveness of Natazia was evaluated during a 90-day assessment phase (efficacy phase).

For women taking Natazia during this 90-day phase, 29.2% in one study and 29.5% in the other reported “complete symptom relief” (defined as having no more irregular bleeding symptoms and who met up to 8 strictly defined criteria for success). In comparison, 2.9% and 1.2% of women who were given a placebo reported “complete symptom relief” (see chart on opposite page).

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Patients experiencing complete symptom relief over a 90-day assessment phase



What are the most common side effects in Natazia clinical trials?

The most common side effects were headache/migraine, breast pain/discomfort/tenderness, menstrual disorders, nausea/vomiting, acne, mood changes, and weight gain.

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Results in women with heavy menstrual bleeding (HMB)

Most women in the 2 studies described on page 8 experienced heavy bleeding specifically (about 85%). For these women with HMB who took Natazia® (estradiol valerate and estradiol valerate/dienogest), menstrual bleeding at Cycle 7

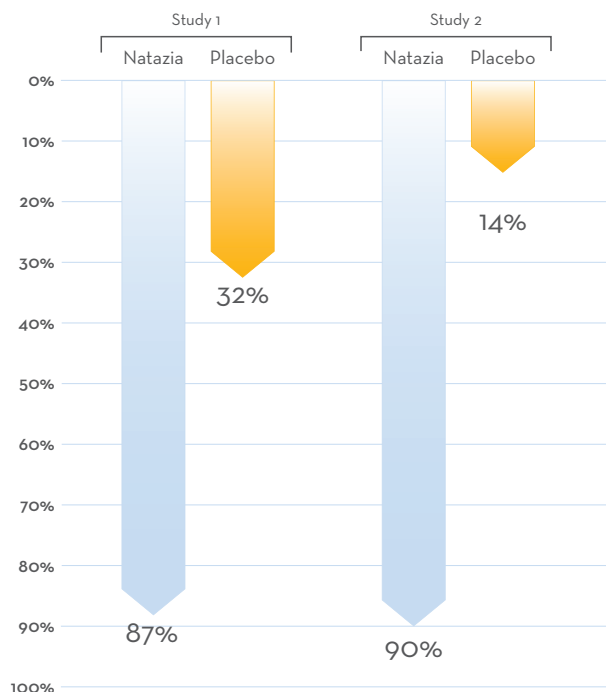
was reduced by an average of 90% in one study and 87% in the other. In comparison, for women treated with placebo, menstrual bleeding at Cycle 7 was reduced by an average of 14% in one study and 32% in the other (see chart on opposite page).



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In 2 clinical studies, women with HMB who took Natazia had significantly lighter periods than women who took a placebo.

Average reduction in menstrual blood volume at Cycle 7



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Please click [here](#) for full Prescribing Information.

If you think you may have heavy menstrual bleeding (HMB), there may be something you can do about it.



Scan the QR code to visit www.Natazia.com to learn more. Your healthcare provider can help determine if Natazia (estradiol valerate and estradiol valerate/dienogest) is the right choice for you.

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[Please click here for full Prescribing Information including FDA-approved Patient Labeling.](#)

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