Safety Information for Certain Weight Loss Medications

Compounded Semaglutide

WARNING

Compounded semaglutide is not FDA-approved and has not been reviewed by the FDA for quality, safety or efficacy. Compounded medications utilize the same active ingredient as branded medications, and are permitted to be prescribed for many reasons including, but not limited to, shortages of branded medications and to address individualized sensitivities to the branded medications. Your independent clinician may determine to prescribe compounded semaglutide to address shortages (ensure that you do not have interruptions in your medication protocol) or for other clinically relevant reasons. Noom does not provide healthcare services, and the decision of which medication is appropriate for you will be addressed in your clinical visits with your clinician.

In rodents, semaglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether compounded semaglutide causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of semaglutide-induced rodent thyroid C-cell tumors has not been determined. Compounded semaglutide is contraindicated in patients with personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2.

Some of the most common side effects include: nausea, vomiting, diarrhea, stomach (abdominal) pain, and constipation. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for compounded semaglutide, but you may contact your dispensing pharmacy for more information.

Ozempic

WARNING

In rodents, semaglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether OZEMPIC causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of semaglutide-induced rodent thyroid C-cell tumors has not been determined. OZEMPIC is contraindicated in patients with personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2.

Some of the most common side effects include: nausea, vomiting, diarrhea, stomach (abdominal) pain, and constipation. OZEMPIC is not FDA-approved for weight loss, but your clinician may recommend the use of OZEMPIC as treatment for weight management related to obesity. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full

or comprehensive listing of safety information for OZEMPIC, but you may visit https://www.novo-pi.com/ozempic.pdf for more information.

Zepbound

WARNING

Zepbound may cause tumors in the thyroid, including thyroid cancer. Watch for possible symptoms, such as a lump or swelling in the neck, hoarseness, trouble swallowing, or shortness of breath. If you have any of these symptoms, tell your healthcare provider.

- Do not use Zepbound if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC).
- Do not use Zepbound if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- Do not use Zepbound if you have had a serious allergic reaction to tirzepatide or any of the ingredients in Zepbound.

Some of the most common side effects include: nausea, diarrhea, vomiting, constipation, stomach (abdominal) pain, indigestion, injection site reactions, feeling tired, allergic reactions, belching, hair loss, and heartburn. These are not all the possible side effects of Zepbound. Talk to your healthcare provider about any side effect that bothers you or doesn't go away. This is not a full or comprehensive listing of safety information for Zepbound, but you may visit https://zepbound.lilly.com for more information.

Saxenda

WARNING

Liraglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures in both genders of rats and mice. It is unknown whether Saxenda causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans, as the human relevance of liraglutide-induced rodent thyroid C-cell tumors has not been determined. Saxenda is contraindicated in patients with a personal or family history of MTC and in patients with Multiple Endocrine Neoplasia syndrome type 2.

Some of the most common side effects include: nausea, diarrhea, constipation, low blood sugar (hypoglycemia), vomiting, headache, decreased appetite, upset stomach, tiredness, dizziness, stomach pain, and changes in enzyme (lipase) levels in your blood. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for Saxenda, but you may visit https://www.novo-pi.com/saxenda.pdf for more information.

Wegovy

WARNING

In rodents, semaglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether WEGOVY causes thyroid C-Cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of semaglutide-induced rodent thyroid C-cell tumors has not been determined. WEGOVY is contraindicated in patients with a personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2.

Some of the most common side effects include: nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, and heartburn. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for Wegovy, but you may visit https://www.novo-pi.com/wegovy.pdf for more information.

Mounjaro

WARNING

In both male and female rats, tirzepatide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether MOUNJARO causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of tirzepatide-induced rodent thyroid C-cell tumors has not been determined. MOUNJARO is contraindicated in patients with a personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2.

Some of the most common side effects include: nausea, diarrhea, decreased appetite, vomiting, constipation, indigestion, and stomach (abdominal) pain. MOUNJARO is not FDA-approved for weight loss, but your clinician may recommend the use of MOUNJARO as treatment for weight management related to obesity. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for MOUNJARO, but you may visit https://pi.lilly.com/us/mounjaro-uspi.pdf?s=pi for more information.

Contrave

WARNING

CONTRAVE is not approved for use in the treatment of major depressive disorder or other psychiatric disorders. CONTRAVE contains bupropion, the same active ingredient as some other antidepressant medications (including, but not limited to, WELLBUTRIN, WELLBURTRIN

SR, WELLBUTRIN XL, and APLENZIN). Antidepressants increased the risk of suicidal thoughts and behavior in children, adolescents, and young adults in short-term trials. These trials did not show an increase in the risk of suicidal thoughts and behavior with antidepressant use in subjects over age 24; there was a reduction in risk with antidepressant use in subjects aged 65 and older. In patients of all ages who are started on CONTRAVE, monitor closely for worsening, and for the emergence of suicidal thoughts and behaviors. Advise families and caregivers of the need for close observation and communication with the prescriber. CONTRAVE is not approved for use in pediatric patients.

Some of the most common side effects include: nausea, constipation, headache, vomiting, dizziness, trouble sleeping, dry mouth and diarrhea. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for CONTRAVE, but you may visit https://contrave.com/contrave-pi/ for more information.

Plenity

Some of the most common side effects include: diarrhea, distended abdomen, infrequent bowel movements, and flatulence. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for Plenity, but you may visit https://www.myplenity.com/healthcare-professionals/prescribing-plenity# for more information.

Metformin

WARNING

Postmarketing cases of metformin-associated lactic acidosis have resulted in death, hypothermia, hypotension and resistant bradyarrhythmias. The onset of metformin-associated lactic acidosis is often subtle, accompanied only by nonspecific symptoms such as malaise, myalgias, respiratory distress, somnolence, and abdominal pain. Metformin-associated lactic acidosis was characterized by elevated blood lactate levels, anion gap acidosis (without evidence of ketonuria or ketonemia), an increased lactate/pyruvate ratio; and metformin plasma levels. Risk factors for metformin-associated lactic acidosis include renal impairment, concomitant use of certain drugs (e.g. carbonic anhydrase inhibitors such as topiramate), age 65 years old or greater, having a radiological study with contrast, surgery and other procedures, hypoxic states (e.g. acute congestive heart failure), excessive alcohol intake and hepatic impairment.

Some of the most common side effects include: diarrhea, nausea, and upset stomach. Metformin is not FDA-approved for weight loss, but your clinician may recommend the use of Metformin as treatment for weight management related to obesity. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety

information for Metformin, but you may visit https://www.accessdata.fda.gov/drugsatfda_docs/label/2017/020357s037s039,021202s021s023lbl.pdf for more information.

Bupropion

WARNING

Antidepressants increased the risk of suicidal thoughts and behavior in children, adolescents, and young adults in short-term trials. These trials did not show an increase in the risk of suicidal thoughts and behavior with antidepressant use in subjects over age 24; there was a reduction in risk with antidepressant use in subjects aged 65 and older. In patients of all ages, monitor closely for the emergence of suicidal thoughts and behaviors. Advise families and caregivers of the need for close observation and communication with the prescriber.

Some of the most common side effects include: nervousness, dry mouth, constipation, headache, nausea or vomiting, dizziness, heavy sweating, shakiness (tremor), trouble sleeping, blurred vision, and fast heartbeat. Bupropion is not FDA-approved for weight loss, but your clinician may recommend the use of Bupropion as treatment for weight management related to obesity. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for Bupropion, but you may visit https://medlineplus.gov/druginfo/meds/a695033.html for more information.

Naltrexone

Some of the most common side effects include: nausea, sleepiness, headache, dizziness, vomiting, decreased appetite, painful joints, muscle cramps, cold symptoms, trouble sleeping, toothache. Naltrexone is not FDA-approved for weight loss, but your clinician may recommend the use of Naltrexone as treatment for weight management related to obesity. All medications should be discussed with your clinician, and you should tell your clinician if you have any side effect that bothers you or that does not go away. This is not a full or comprehensive listing of safety information for Naltrexone, but you may visit https://www.vivitrol.com/alcohol-dependence for more information.