

## Taking ZEPOSIA?

# What you need to know about tyramine

If you're taking ZEPOSIA® (ozanimod), it's important that you avoid foods and beverages that are high in *tyramine* (TIE-ruh-meen). Tyramine is a type of compound (monoamine compound) found naturally in the body. It can also be found in high amounts in certain foods and beverages.

### Why do I need to avoid foods and beverages that are high in tyramine?

Consuming a large amount of tyramine while taking ZEPOSIA could lead to severe high blood pressure (hypertension).

### What foods and beverages should I avoid while taking ZEPOSIA?

**Foods and beverages that are aged, fermented, cured, smoked, and pickled** may be high in tyramine and should be avoided. It's recommended that people taking ZEPOSIA **avoid foods and beverages that have more than 150 mg of tyramine.**

See the next page for a list of common high-tyramine foods and beverages. The list includes the amount of tyramine per serving, as well as the amount of each food and beverage that could contain 150 mg of tyramine. **Speak with your healthcare provider before making any changes to your diet.**

### What else do I need to know about tyramine and ZEPOSIA?

Today's food processing and handling methods have lowered the amount of tyramine in many processed foods (with the exception of certain cheeses and sauces). But tyramine can still be high in certain foods and beverages, and it's important to look out for them if you're taking ZEPOSIA.

Another thing to keep in mind: the amount of tyramine you consume from different foods and beverages can add up. In other words, *some* tyramine from one food plus *some* tyramine from another food plus *some* tyramine from a beverage could add up to *a lot* of tyramine—and possibly a dangerous amount.

Speak with a Nurse Navigator or a member of your healthcare team if you have any additional questions about tyramine and ZEPOSIA.



### Questions?

Call a Nurse Navigator at **1-833-ZEPOSIA (833-937-6742)**  
Monday to Friday, 8 AM - 8 PM ET

## INDICATION

ZEPOSIA® (ozanimod) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults. It is not known if ZEPOSIA is safe and effective in children.

Please see Important Safety Information on pages 3 and 4, and full [Prescribing Information](#), including [Medication Guide](#).

See next page for a list of common foods and beverages that are high in tyramine.



# Common foods that are high in tyramine

If you're taking ZEPOSIA® (ozanimod), it's recommended that you **avoid foods and beverages that have more than 150 mg of tyramine**. Below is a list of foods and beverages that may contain high amounts of tyramine, along with the amount of tyramine in a typical serving and the amount of each that could contain 150 mg of tyramine.

*This is not an exhaustive list of foods and beverages containing high amounts of tyramine. The amounts listed below are estimates, and different people can react to tyramine differently. Please note that some of the foods and beverages listed below have a wide range of tyramine content.*

**Speak with your healthcare provider before making any changes to your diet.**

Foods to avoid	Amount of tyramine per serving (serving size = tyramine content)	Amount that could contain 150 mg of tyramine*
<b>Cheeses:</b>		
Bel Paese, Emmental (a type of aged Swiss), goat cheese (ripened), Grana Padano, Pecorino, provolone, Taleggio	1 oz = 5.7 mg of tyramine	26.3 oz (about 1.6 pounds)
Cheddar (young), commercial cheeses	1 oz = 5.7 mg of tyramine	26.3 oz (about 1.6 pounds)
Edam	1 oz = 3.4 mg of tyramine	44.1 oz (about 2.76 pounds)
Feta (aged)	1 oz = 7.1 mg of tyramine	21.1 oz (about 1.3 pounds)
Gouda (young), Gruyère	1 oz = 2.8 mg of tyramine	53.6 oz (about 3.4 pounds)
Highly aged artisanal cheeses <i>These may have an extremely high amount of tyramine.</i>	1 oz = 28.4 mg of tyramine	5.3 oz (about 0.3 pounds)
Parmigiano-Reggiano	1 oz = 4.25 mg of tyramine	35.4 oz (about 2.2 pounds)
<b>Sausage, fish and seafood, sauces, spreads, vegetables, wine, beer:</b>		
Beer <i>Tyramine content of beer varies to a large degree. Draft beer, boutique or artisan beer, and beer made with natural yeast may have an extremely high amount of tyramine.</i>	12 oz = less than 3.6 mg of tyramine to 12 oz = 36 mg of tyramine	500 oz (about 42 x 12-oz bottles) to as little as 50 oz (as few as 4 x 12-oz bottles)
Budu, cincalok (Malaysian fish and seafood appetizers)	1 oz = 12.76 mg of tyramine	11.8 oz (about 0.7 pounds)
Dried tuna roe (salted)	1 oz = 2.55 mg of tyramine	58.8 oz (about 3.7 pounds)
Fermented yeast (Marmite, Vegemite)	1 Tbsp = 1.57 mg of tyramine	95 tsp (almost 2 cups)
Fish sauce (eg, nam pla, etc)	1 Tbsp = 6.94 mg of tyramine	21.6 Tbsp (a little over 1 cup)
Kimchi	4 oz = 13.6 mg of tyramine	44.1 oz (about 11 x 4-oz servings)
Sauerkraut <i>This may have an extremely high amount of tyramine.</i>	4 oz = 22.7 mg of tyramine to 4 oz = 102 mg of tyramine	26.5 oz (about 6.5 x 4-oz servings) to as little as 5.9 oz (as few as 1.5 x 4-oz servings)
Sausage (fermented; eg, chorizo, fuet, sobrasada, salchichón) <i>This may have an extremely high amount of tyramine.</i>	1 oz = 5.7 mg of tyramine to 1 oz = 17.01 mg of tyramine	26.3 oz (about 1.6 pounds) to as little as 8.8 oz (as little as about 0.5 pounds)
Soy sauce (commercial)	1 Tbsp = 3.0 mg of tyramine	50 Tbsp (a little over 3 cups)
Soy sauce (specialty) <i>This may have an extremely high amount of tyramine.</i>	1 Tbsp = 13.9 mg of tyramine	10.8 Tbsp (about 0.5 cups)
Wines	5 oz = less than 1.48 mg of tyramine	500 oz (about 100 x 5-oz glasses)

\*Amounts shown in this column are approximate and for illustrative purposes only.

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## IMPORTANT SAFETY INFORMATION

### Do not take ZEPOSIA if you:

- have had a heart attack, chest pain (unstable angina), stroke or mini-stroke (transient ischemic attack or TIA), or certain types of heart failure in the last 6 months
- have or have had a history of certain types of an irregular or abnormal heartbeat (arrhythmia) that is not corrected by a pacemaker
- have untreated, severe breathing problems during your sleep (sleep apnea)
- take certain medicines called monoamine oxidase (MAO) inhibitors

Talk to your healthcare provider before taking ZEPOSIA if you have any of these conditions or do not know if you have any of these conditions.

### ZEPOSIA may cause serious side effects, including:

- **Infections.** ZEPOSIA can increase your risk of serious infections that can be life-threatening and cause death. ZEPOSIA lowers the number of white blood cells (lymphocytes) in your blood. This will usually go back to normal within 3 months of stopping treatment. Your healthcare provider may do a blood test of your white blood cells before you start taking ZEPOSIA. Call your healthcare provider right away if you have any of these symptoms of an infection during treatment with ZEPOSIA and for 3 months after your last dose of ZEPOSIA:
  - fever
  - feeling very tired
  - flu-like symptoms
  - cough
  - painful and frequent urination (signs of a urinary tract infection)
  - rash
  - headache with fever, neck stiffness, sensitivity to light, nausea, or confusion (symptoms of meningitis, an infection of the lining around your brain and spine)

Your healthcare provider may delay starting or may stop your ZEPOSIA treatment if you have an infection.

- **Slow heart rate (also known as bradyarrhythmia) when you start taking ZEPOSIA.** ZEPOSIA may cause your heart rate to temporarily slow down, especially during the first 8 days. You will have a test to check the electrical activity of your heart called an electrocardiogram (ECG) before you take your first dose of ZEPOSIA.

Call your healthcare provider if you experience the following symptoms of slow heart rate:

- dizziness
- lightheadedness
- feeling like your heart is beating slowly or skipping beats
- shortness of breath
- confusion
- chest pain
- tiredness

Follow directions from your healthcare provider when starting ZEPOSIA and when you miss a dose.

Continue reading for additional possible serious side effects of ZEPOSIA.

### Before taking ZEPOSIA, tell your healthcare provider about all of your medical conditions, including if you:

- have a fever or infection, or are unable to fight infections due to a disease, or take or have taken medicines that lower your immune system
- before you start ZEPOSIA, your healthcare provider may give you a chickenpox (varicella zoster virus) vaccine if you have not had one before
- have had chickenpox or have received the vaccine for chickenpox. Your healthcare provider may do a blood test for the chickenpox virus. You may need to get the full course of the vaccine and wait 1 month before taking ZEPOSIA
- have a slow heart rate
- have an irregular or abnormal heartbeat (arrhythmia)
- have a history of stroke
- have or have had heart problems, including a heart attack or chest pain
- have high blood pressure
- have liver problems
- have breathing problems, including during your sleep
- have eye problems, especially an inflammation of the eye called uveitis
- have diabetes
- are or plan to become pregnant or if you become pregnant within 3 months after you stop taking ZEPOSIA. ZEPOSIA may harm your unborn baby. If you are a female who can become pregnant, talk to your healthcare provider about what birth control method is right for you during your treatment with ZEPOSIA and for 3 months after you stop taking ZEPOSIA
- are breastfeeding or plan to breastfeed. It is not known if ZEPOSIA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you take ZEPOSIA

## IMPORTANT SAFETY INFORMATION (cont'd)

**Tell your healthcare provider about all the medicines you take or have recently taken**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using ZEPOSIA® (ozanimod) with other medicines can cause serious side effects. Especially tell your healthcare provider if you take or have taken:

- medicines that affect your immune system, such as alemtuzumab
- medicines to control your heart rhythm (antiarrhythmics) or heartbeat
- strong CYP2C8 inhibitors such as gemfibrozil or clopidogrel
- medicines that inhibit breast cancer resistance protein transporters, such as cyclosporine and eltrombopag
- CYP2C8 inducers such as rifampin
- opioids (pain medicine), medicines to treat depression, and medicines to treat Parkinson's disease

You should not receive **live** vaccines during treatment with ZEPOSIA, for at least 1 month before taking ZEPOSIA and for 3 months after you stop taking ZEPOSIA. Vaccines may not work as well when given during treatment with ZEPOSIA.

### **ZEPOSIA can cause serious side effects, including:**

- **liver problems.** Your healthcare provider will do blood tests to check your liver before you start taking ZEPOSIA. Call your healthcare provider right away if you have any of the following symptoms:
  - unexplained nausea
  - vomiting
  - stomach area (abdominal) pain
  - tiredness
  - loss of appetite
  - yellowing of the whites of your eyes or skin
  - dark-colored urine
- **increased blood pressure.** Your healthcare provider should check your blood pressure during treatment with ZEPOSIA. A sudden, severe increase in blood pressure (hypertensive crisis) can happen when you eat certain foods that contain high levels of tyramine
- **breathing problems.** Some people who take ZEPOSIA have shortness of breath. Call your healthcare provider right away if you have new or worsening breathing problems
- **a problem with your vision called macular edema.** Your risk of macular edema is higher if you have diabetes or have had an inflammation of your eye called uveitis. Your healthcare provider should test your vision before you start taking ZEPOSIA if you are at higher risk for macular edema or any time you notice vision changes during treatment with ZEPOSIA. Call your healthcare provider right away if you have any of the following symptoms:
  - blurriness or shadows in the center of your vision
  - sensitivity to light
  - a blind spot in the center of your vision
  - unusually colored vision
- **swelling and narrowing of the blood vessels in your brain.** Posterior Reversible Encephalopathy Syndrome (PRES) is a rare condition that has happened with ZEPOSIA and with drugs in the same class. Symptoms of PRES usually get better when you stop taking ZEPOSIA. If left untreated, it may lead to stroke. Your healthcare provider will do a test if you have any symptoms of PRES. Call your healthcare provider right away if you have any of the following symptoms:
  - sudden severe headache
  - sudden confusion
  - sudden loss of vision or other changes in your vision
  - seizure
- **severe worsening of MS after stopping ZEPOSIA.** When ZEPOSIA is stopped, symptoms of MS may return and become worse compared to before or during treatment. Always talk to your healthcare provider before you stop taking ZEPOSIA for any reason. Tell your healthcare provider if you have worsening symptoms of MS after stopping ZEPOSIA.
- **allergic reactions.** Call your healthcare provider if you have symptoms of an allergic reaction, including a rash, itchy hives, or swelling of the lips, tongue, or face

### **The most common side effects of ZEPOSIA can include:**

- upper respiratory tract infections
- elevated liver enzymes
- low blood pressure when you stand up (orthostatic hypotension)
- painful and frequent urination (signs of urinary tract infection)
- back pain
- high blood pressure

These are not all of the possible side effects of ZEPOSIA. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**Please see full [Prescribing Information](#), including [Medication Guide](#).**