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HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use HUMULIN 70/30 safely and effectively. See full prescribing information for HUMULIN 70/30.

HUMULIN 70/30 (human insulin isophane suspension and human insulin injection), for subcutaneous use

Initial U.S. Approval: 1989

INDICATIONS AND USAGE

HUMULIN® 70/30 is a mixture of human insulin isophane, an intermediate-acting human insulin, and human insulin, a short-acting human insulin, indicated to improve glycemic control in adult patients with diabetes mellitus. (1)

DOSAGE AND ADMINISTRATION

- Only administer subcutaneously (in abdominal wall, thigh, upper arm, or buttocks). (2.2)
- Individualize and adjust dosage based on metabolic needs, blood glucose monitoring results and glycemic control goal. (2.3)
- See Full Prescribing Information for dosage adjustments due to drug interactions and patients with renal and hepatic impairment. (2.3)
- Administer approximately 30-45 minutes before a meal. (2.4)

DOSAGE FORMS AND STRENGTHS

Injectable suspension 100 units per mL (U-100) available as:

- 10 mL multiple-dose vial (3)
- 3 mL multiple-dose vial (3)
- 3 mL single-patient-use HUMULIN® 70/30 KwikPen® (3)

CONTRAINDICATIONS

- During episodes of hypoglycemia. (4)
- In patients with hypersensitivity to HUMULIN 70/30 or any of its excipients. (4)

WARNINGS AND PRECAUTIONS

- Never share a HUMULIN 70/30 KwikPen or syringe between patients, even if the needle is changed. (5.1)
- *Changes in Insulin Regimen*: Carry out under close medical supervision and increase frequency of blood glucose monitoring. (5.2)
- *Hypoglycemia*: May be life-threatening. Monitor blood glucose and increase monitoring frequency with changes to insulin dosage, use of glucose lowering medications, meal pattern, physical activity; in patients with renal or hepatic impairment; and in patients with hypoglycemia unawareness. (5.3, 7, 8.6, 8.7)
- *Hypersensitivity Reactions*: May be life-threatening. Discontinue HUMULIN 70/30, monitor and treat if indicated. (5.4)
- *Hypokalemia*: May be life-threatening. Monitor potassium levels in patients at risk of hypokalemia and treat if indicated. (5.5)
- *Fluid Retention and Heart Failure with Concomitant Use of Thiazolidinediones (TZDs)*: Observe for signs and symptoms of heart failure; consider dosage reduction or discontinuation if heart failure occurs. (5.6)

ADVERSE REACTIONS

Adverse reactions observed with insulin therapy include hypoglycemia, allergic reactions, injection site reactions, lipodystrophy, pruritus, rash, weight gain, and edema. (6)

To report SUSPECTED ADVERSE REACTIONS, contact Eli Lilly and Company at 1-800-LillyRx (1-800-545-5979) or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

DRUG INTERACTIONS

- *Drugs that Affect Glucose Metabolism*: Adjustment of insulin dosage may be needed. (7.1, 7.2, 7.3)
- *Anti-Adrenergic Drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine)*: Signs and symptoms of hypoglycemia may be reduced or absent. (5.3, 7.4)

See 17 for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling.

Revised: 08/2019

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FULL PRESCRIBING INFORMATION

1 INDICATIONS AND USAGE

HUMULIN 70/30 is a fixed ratio insulin formulation indicated to improve glycemic control in adult patients with diabetes mellitus.

2 DOSAGE AND ADMINISTRATION

2.1 Important Administration Instructions

Inspect HUMULIN 70/30 visually before use. It should not contain particulate matter and should appear uniformly cloudy after mixing. Do not use HUMULIN 70/30 if particulate matter is seen. Do not mix HUMULIN 70/30 with any other insulins or diluents.

Use HUMULIN 70/30 KwikPen with caution in patients with visual impairment that may rely on audible clicks to dial their dose.

2.2 Route of Administration

HUMULIN 70/30 should only be administered subcutaneously. Administer in the subcutaneous tissue of the abdominal wall, thigh, upper arm, or buttocks. To reduce the risk of lipodystrophy, rotate the injection site within the same region from one injection to the next *[see Adverse Reactions (6)]*.

The HUMULIN 70/30 KwikPen dials in 1 unit increments.

Do not administer HUMULIN 70/30 intravenously or intramuscularly and do not use HUMULIN 70/30 in an insulin infusion pump.

2.3 Dosage Information

Individualize and adjust the dosage of HUMULIN 70/30 based on the individual's metabolic needs, blood glucose monitoring results and glycemic control goal. Dosage adjustments may be needed with changes in physical activity, changes in meal patterns (i.e., macronutrient content or timing of food intake), changes in renal or hepatic function or during acute illness *[see Warnings and Precautions (5.2, 5.3), and Use in Specific Populations (8.6, 8.7)]*.

The proportion of rapid acting and long acting insulin is fixed in a premixed insulin such as HUMULIN 70/30. Independent adjustment of the basal or prandial dose is not possible when using a premixed insulin.

Physiological factors, disease states and concomitant drugs may impact the onset and duration of action of all insulins. HUMULIN 70/30 dose requirements may change with changes in level of physical activity, meal patterns (i.e., macronutrient content or timing of food intake), during major illness, or with some coadministered drugs *[see Warnings and Precautions (5.3), Drug Interactions (7), and Use in Specific Populations (8.6, 8.7)]*.

2.4 Timing of Subcutaneous Administration

HUMULIN 70/30 should be given subcutaneously approximately 30-45 minutes before a meal.

3 DOSAGE FORMS AND STRENGTHS

HUMULIN 70/30 injectable suspension: 70% human insulin isophane and 30% human insulin, 100 units per mL (U-100), is a white and cloudy suspension available as:

- 10 mL multiple-dose vial
- 3 mL multiple-dose vial
- 3 mL single-patient-use HUMULIN 70/30 KwikPen

4 CONTRAINDICATIONS

HUMULIN 70/30 is contraindicated:

- During episodes of hypoglycemia *[see Warnings and Precautions (5.3)],* and
- In patients who have had hypersensitivity reactions to HUMULIN 70/30 or any of its excipients *[see Warnings and Precautions (5.4)]*.

5 WARNINGS AND PRECAUTIONS

5.1 Never Share a HUMULIN 70/30 KwikPen or Syringe Between Patients

HUMULIN 70/30 KwikPens must never be shared between patients, even if the needle is changed. Patients using HUMULIN 70/30 vials must never share needles or syringes with another person. Sharing poses a risk for transmission of blood-borne pathogens.

5.2 Changes in Insulin Regimen

Changes in insulin strength, manufacturer, type, or method of administration may affect glycemic control and predispose to hypoglycemia *[see Warnings and Precautions (5.3)]* or hyperglycemia. These changes should be made cautiously and under close medical supervision and the frequency of blood glucose monitoring should be increased.

5.3 Hypoglycemia

Hypoglycemia is the most common adverse reaction associated with insulins, including HUMULIN 70/30. Severe hypoglycemia can cause seizures, may be life-threatening or cause death. Hypoglycemia can impair concentration ability

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and reaction time; this may place an individual and others at risk in situations where these abilities are important (e.g., driving or operating other machinery).

Hypoglycemia can happen suddenly and symptoms may differ in each individual and change over time in the same individual. Symptomatic awareness of hypoglycemia may be less pronounced in patients with longstanding diabetes, in patients with diabetic nerve disease, in patients using medications that block the sympathetic nervous system (e.g., beta-blockers) *[see Drug Interactions (7)]*, or in patients who experience recurrent hypoglycemia.

Risk Factors for Hypoglycemia

The risk of hypoglycemia after an injection is related to the duration of action of the insulin and, in general, is highest when the glucose lowering effect of the insulin is maximal. As with all insulin preparations, the glucose lowering effect time course of HUMULIN 70/30 may vary in different individuals or at different times in the same individual and depends on many conditions, including the area of injection as well as the injection site blood supply and temperature *[see Clinical Pharmacology (12.2)]*. Other factors which may increase the risk of hypoglycemia include changes in meal pattern (e.g., macronutrient content or timing of meals), changes in level of physical activity, or changes to co-administered medication *[see Drug Interactions (7)]*. Patients with renal or hepatic impairment may be at higher risk of hypoglycemia *[see Use in Specific Populations (8.6, 8.7)]*.

Risk Mitigation Strategies for Hypoglycemia

Patients and caregivers must be educated to recognize and manage hypoglycemia. Self-monitoring of blood glucose plays an essential role in the prevention and management of hypoglycemia. In patients at higher risk for hypoglycemia and patients who have reduced symptomatic awareness of hypoglycemia, increased frequency of blood glucose monitoring is recommended.

5.4 Hypersensitivity Reactions

Severe, life-threatening, generalized allergy, including anaphylaxis, can occur with insulin products, including HUMULIN 70/30. If hypersensitivity reactions occur, discontinue HUMULIN 70/30; treat per standard of care and monitor until symptoms and signs resolve *[see Adverse Reactions (6)]*. HUMULIN 70/30 is contraindicated in patients who have had hypersensitivity reactions to HUMULIN 70/30 or any of its excipients *[see Contraindications (4)]*.

5.5 Hypokalemia

All insulin products, including HUMULIN 70/30, cause a shift in potassium from the extracellular to intracellular space, possibly leading to hypokalemia. Untreated hypokalemia may cause respiratory paralysis, ventricular arrhythmia, and death. Monitor potassium levels in patients at risk for hypokalemia if indicated (e.g., patients using potassium-lowering medications, patients taking medications sensitive to serum potassium concentrations).

5.6 Fluid Retention and Heart Failure with Concomitant Use of PPAR-gamma Agonists

Thiazolidinediones (TZDs), which are peroxisome proliferator-activated receptor (PPAR)-gamma agonists, can cause dose-related fluid retention, particularly when used in combination with insulin. Fluid retention may lead to or exacerbate heart failure. Patients treated with insulin, including HUMULIN 70/30, and a PPAR-gamma agonist should be observed for signs and symptoms of heart failure. If heart failure develops, it should be managed according to current standards of care, and discontinuation or dose reduction of the PPAR-gamma agonist must be considered.

6 ADVERSE REACTIONS

The following adverse reactions are discussed elsewhere in the labeling:

- Hypoglycemia *[see Warnings and Precautions (5.3)]*.
- Hypokalemia *[see Warnings and Precautions (5.5)]*.

The following additional adverse reactions have been identified during post-approval use of HUMULIN 70/30. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or to establish a causal relationship to drug exposure.

Allergic Reactions

Some patients taking HUMULIN 70/30 have experienced erythema, local edema, and pruritus at the site of injection. These conditions were usually self-limiting. Severe cases of generalized allergy (anaphylaxis) have been reported *[see Warnings and Precautions (5.4)]*.

Peripheral Edema

Some patients taking HUMULIN 70/30 have experienced sodium retention and edema, particularly if previously poor metabolic control is improved by intensified insulin therapy.

Lipodystrophy

Administration of insulin subcutaneously, including HUMULIN 70/30, has resulted in lipoatrophy (depression in the skin) or lipohypertrophy (enlargement or thickening of tissue) *[see Dosage and Administration (2.2)]* in some patients.

Weight gain

Weight gain has occurred with some insulin therapies including HUMULIN 70/30 and has been attributed to the anabolic effects of insulin and the decrease in glycosuria.

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Immunogenicity

Development of antibodies that react with human insulin have been observed with all insulin, including HUMULIN 70/30.

7 DRUG INTERACTIONS

7.1 Drugs That May Increase the Risk of Hypoglycemia

The risk of hypoglycemia associated with HUMULIN 70/30 use may be increased when co-administered with antidiabetic agents, salicylates, sulfonamide antibiotics, monoamine oxidase inhibitors, fluoxetine, disopyramide, fibrates, pentoxifylline, ACE inhibitors, angiotensin II receptor blocking agents, and somatostatin analogs (e.g., octreotide). Dose adjustment and increased frequency of glucose monitoring may be required when HUMULIN 70/30 is co-administered with these drugs.

7.2 Drugs That May Decrease the Blood Glucose Lowering Effect of HUMULIN 70/30

The glucose lowering effect of HUMULIN 70/30 may be decreased when co-administered with corticosteroids, isoniazid, niacin, estrogens, oral contraceptives, phenothiazines, danazol, diuretics, sympathomimetic agents (e.g., epinephrine, albuterol, terbutaline), somatropin, atypical antipsychotics, glucagon, protease inhibitors, and thyroid hormones. Dose adjustment and increased frequency of glucose monitoring may be required when HUMULIN 70/30 is co-administered with these drugs.

7.3 Drugs That May Increase or Decrease the Blood Glucose Lowering Effect of HUMULIN 70/30

The glucose lowering effect of HUMULIN 70/30 may be increased or decreased when co-administered with beta-blockers, clonidine, lithium salts, and alcohol. Pentamidine may cause hypoglycemia, which may sometimes be followed by hyperglycemia. Dose adjustment and increased frequency of glucose monitoring may be required when HUMULIN 70/30 is co-administered with these drugs.

7.4 Drugs That May Blunt Signs and Symptoms of Hypoglycemia

The signs and symptoms of hypoglycemia *[see Warnings and Precautions (5.3)]* may be blunted when beta-blockers, clonidine, guanethidine, and reserpine are co-administered with HUMULIN 70/30.

8 USE IN SPECIFIC POPULATIONS

8.1 Pregnancy

Risk Summary

Available data from published studies over decades have not established an association with human insulin use during pregnancy and major birth defects, miscarriage, or adverse maternal or fetal outcomes (*see* Data). There are risks to the mother and fetus associated with poorly controlled diabetes in pregnancy (*see* Clinical Considerations). Animal reproduction studies were not performed.

The estimated background risk of major birth defects is 6-10% in women with pre-gestational diabetes with a HbA1c >7% and has been reported to be as high as 20-25% in women with a HbA1c >10%. The estimated background risk of miscarriage for the indicated population is unknown. In the U.S. general population, the estimated background risk of major birth defects and miscarriage in clinically recognized pregnancies is 2-4% and 15-20%, respectively.

Clinical Considerations

Disease-associated maternal and/or embryo/fetal risk

Poorly controlled diabetes in pregnancy increases the maternal risk for diabetic ketoacidosis, pre-eclampsia, spontaneous abortions, preterm delivery, and delivery complications. Poorly controlled diabetes increases the fetal risk for major birth defects, stillbirth, and macrosomia-related morbidity.

Data

Human Data

While available studies cannot definitively establish the absence of risk, published data from retrospective studies, open-label, randomized, parallel studies and meta-analyses over decades have not established an association with human insulin use during pregnancy and major birth defects, miscarriage, or adverse maternal or fetal outcomes. All available studies have methodological limitations, including lack of blinding, unclear methods or randomization, and small sample size.

8.2 Lactation

Risk Summary

Available data from published literature suggests that exogenous human insulin products, including HUMULIN 70/30, are transferred into human milk. There are no adverse reactions reported in breastfed infants in the literature. There are no data on the effects of exogenous human insulin products, including HUMULIN 70/30 on milk production. The developmental and health benefits of breastfeeding should be considered along with the mother's clinical need for HUMULIN 70/30 and any potential adverse effects on the breastfed child from HUMULIN 70/30 or from the underlying maternal condition.

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8.4 Pediatric Use

Safety and effectiveness of HUMULIN 70/30 in patients less than 18 years of age has not been established.

8.5 Geriatric Use

The effect of age on the pharmacokinetics and pharmacodynamics of HUMULIN 70/30 has not been studied *[see Clinical Pharmacology (12.3)]*. Patients with advanced age using any insulin, including HUMULIN 70/30, may be at increased risk of hypoglycemia due to co-morbid disease and polypharmacy *[see Warnings and Precautions (5.3)]*.

8.6 Renal Impairment

The effect of renal impairment on the pharmacokinetics and pharmacodynamics of HUMULIN 70/30 has not been studied *[see Clinical Pharmacology (12.3)]*. Patients with renal impairment are at increased risk of hypoglycemia and may require more frequent HUMULIN 70/30 dose adjustment and more frequent blood glucose monitoring.

8.7 Hepatic Impairment

The effect of hepatic impairment on the pharmacokinetics and pharmacodynamics of HUMULIN 70/30 has not been studied *[see Clinical Pharmacology (12.3)]*. Patients with hepatic impairment are at increased risk of hypoglycemia and may require more frequent HUMULIN 70/30 dose adjustment and more frequent blood glucose monitoring.

10 OVERDOSAGE

Excess insulin administration may cause hypoglycemia and hypokalemia *[see Warnings and Precautions (5.3, 5.5)]*. Mild episodes of hypoglycemia can be treated with oral glucose. Adjustments in drug dosage, meal patterns, or physical activity level may be needed. More severe episodes with coma, seizure, or neurologic impairment may be treated with intramuscular/subcutaneous glucagon or concentrated intravenous glucose. Sustained carbohydrate intake and observation may be necessary because hypoglycemia may recur after apparent clinical recovery. Hypokalemia must be corrected appropriately.

11 DESCRIPTION

HUMULIN 70/30 (human insulin isophane suspension and human insulin injection) is a mixture of 70% human insulin isophane, an intermediate-acting human insulin, and 30% human insulin, a short-acting human insulin. Human insulin is produced by recombinant DNA technology utilizing a non-pathogenic laboratory strain of Escherichia coli. HUMULIN 70/30 is a suspension of crystals produced from combining human insulin and protamine sulfate under appropriate conditions for crystal formation and mixing with human insulin injection. The amino acid sequence of HUMULIN 70/30 is identical to human insulin and has the empirical formula $C_{257}H_{383}N_{65}O_{77}S_6$ with a molecular weight of 5808.

HUMULIN 70/30 is a sterile, white and cloudy suspension that contains human insulin isophane suspension (NPH) and human insulin injection (regular) for subcutaneous use. Each milliliter of HUMULIN 70/30 contains 100 units of insulin human, 0.24 mg of protamine sulfate, 16 mg of glycerin, 3.78 mg of dibasic sodium phosphate, 1.6 mg of metacresol, 0.65 mg of phenol, zinc oxide content adjusted to provide 0.025 mg zinc ion, and Water for Injection. The pH is 7.0 to 7.8. Sodium hydroxide and/or hydrochloric acid may be added during manufacture to adjust the pH.

12 CLINICAL PHARMACOLOGY

12.1 Mechanism of Action

HUMULIN 70/30 lowers blood glucose by stimulating peripheral glucose uptake by skeletal muscle and fat, and by inhibiting hepatic glucose production. Insulins inhibit lipolysis and proteolysis, and enhance protein synthesis.

12.2 Pharmacodynamics

HUMULIN 70/30 combines an intermediate-acting insulin with the more rapid onset of action of regular human insulin. In healthy males (n=18) given HUMULIN 70/30 (0.3 unit/kg) subcutaneously, the pharmacologic effect began at approximately 50 minutes (range: 30 to 90 minutes) (*see* Figure 1). The effect was maximal at approximately 3.5 hours (range: 1.5 to 6.5 hours) and the mean duration of action was relatively long (approximately 23 hours; range: 18-24 hours).

Figure 1 should be considered only as a representative example since the time course of action of insulin may vary in different individuals or within the same individual. The rate of insulin absorption and consequently the onset of activity is known to be affected by the site of injection, physical activity level, and other variables *[see Warnings and Precautions (5.3)]*.

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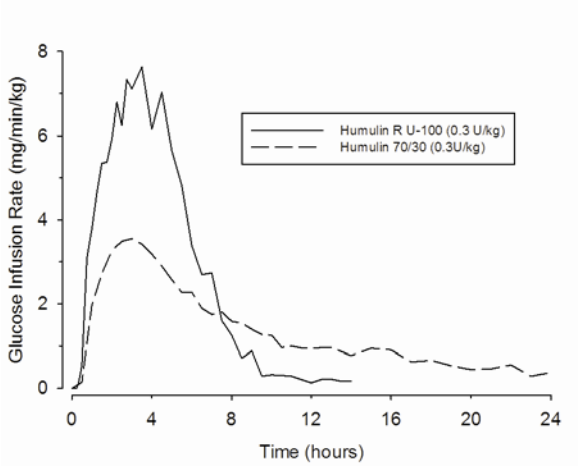

Figure 1: Mean Insulin Activity Versus Time Profiles After Subcutaneous Injection of HUMULIN 70/30 or HUMULIN® R U-100 (0.3 unit/kg) in Healthy Subjects.

12.3 Pharmacokinetics

Absorption — In healthy male subjects given HUMULIN 70/30 (0.3 unit/kg) subcutaneously, the mean peak serum concentration occurred at 2.2 hours (range: 1 to 5 hours) after dosing.

Metabolism — The uptake and degradation of insulin occurs predominantly in liver, kidney, muscle, and adipocytes, with the liver being the major organ involved in the clearance of insulin.

Elimination — Because of the absorption-rate limited kinetics of insulin mixtures, a true half-life cannot be accurately estimated from the terminal slope of the concentration versus time curve.

Specific Populations

The effects of age, gender, race, obesity, pregnancy, or smoking on the pharmacokinetics of HUMULIN 70/30 have not been studied.

Careful glucose monitoring and dose adjustments of insulin, including HUMULIN 70/30, may be necessary in patients with renal or hepatic dysfunction *[see Use in Specific Populations (8.6, 8.7)]*.

13 NONCLINICAL TOXICOLOGY

13.1 Carcinogenesis, Mutagenesis, Impairment of Fertility

Carcinogenicity and fertility studies were not performed in animals. Biosynthetic human insulin was not genotoxic in the *in vivo* sister chromatid exchange assay and the *in vitro* gradient plate and unscheduled DNA synthesis assays.

16 HOW SUPPLIED/STORAGE AND HANDLING

16.1 How Supplied

HUMULIN 70/30 injectable suspension is 70% human insulin isophane and 30% human insulin, 100 units per mL (U-100), a white and cloudy suspension available as:

10 mL multiple-dose vial	NDC 0002-8715-01 (HI-710)
3 mL multiple-dose vial	NDC 0002-8715-17 (HI-713)
5 x 3 mL single-patient-use HUMULIN 70/30 KwikPen	NDC 0002-8803-59 (HP-8803)

Each prefilled HUMULIN 70/30 KwikPen is for use by a single patient. HUMULIN 70/30 KwikPens must never be shared between patients, even if the needle is changed. Patients using HUMULIN 70/30 vials must never share needles or syringes with another person.

The HUMULIN 70/30 KwikPen dials in 1 unit increments.

16.2 Storage and Handling

Protect from heat and light. Do not freeze. Do not use after the expiration date.

Not In-Use (Unopened) HUMULIN 70/30 Vials

Refrigerated

Store in a refrigerator (36° to 46°F [2° to 8°C]), but not in the freezer. Do not use if it has been frozen.

Room Temperature

If stored at room temperature, below 86°F (30°C) the vial must be discarded after 31days.

In-Use (Opened) HUMULIN 70/30 Vials

Refrigerated

Store in a refrigerator (36° to 46°F [2° to 8°C]), but not in the freezer. Do not use if it has been frozen. Vials must be used within 31 days or be discarded, even if they still contain HUMULIN 70/30.

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Room Temperature

If stored at room temperature, below 86°F (30°C) the vial must be discarded after 31 days, even if the vial still contains HUMULIN 70/30.

Not In-Use (Unopened) HUMULIN 70/30 KwikPen

Refrigerated

Store in a refrigerator (36° to 46°F [2° to 8°C]), but not in the freezer. Do not use if it has been frozen.

Room Temperature

If stored at room temperature, below 86°F (30°C) the pen must be discarded after 10 days.

In-Use (Opened) HUMULIN 70/30 KwikPen

Refrigerated

Do NOT store in a refrigerator.

Room Temperature

Store at room temperature, below 86°F (30°C) and the pen must be discarded after 10 days, even if the pen still contains HUMULIN 70/30. See storage table below:

	Not In-Use (Unopened) Refrigerated	**Not In-Use (Unopened) Room Temperature**	**In-Use (Opened)**
10 mL multiple-dose vial 3 mL multiple-dose vial	Until expiration date	31 days	31 days, refrigerated/room temperature
3 mL single-patient-use HUMULIN 70/30 KwikPen	Until expiration date	10 days	10 days, room temperature. **Do not refrigerate.**

17 PATIENT COUNSELING INFORMATION

Advise the patient to read the FDA-approved patient labeling (Patient Information and Instructions for Use).

Never Share a HUMULIN 70/30 KwikPen or Syringe Between Patients

Advise patients that they must never share a HUMULIN 70/30 KwikPen with another person, even if the needle is changed. Advise patients using HUMULIN 70/30 vials not to share needles or syringes with another person. Sharing poses a risk for transmission of blood-borne pathogens.

Hypoglycemia

Instruct patients on self-management procedures including glucose monitoring, proper injection technique, and management of hypoglycemia and hyperglycemia especially at initiation of HUMULIN 70/30 therapy. Instruct patients on handling of special situations such as intercurrent conditions (illness, stress, or emotional disturbances), an inadequate or skipped insulin dose, inadvertent administration of an increased insulin dose, inadequate food intake, and skipped meals. Instruct patients on the management of hypoglycemia.

Inform patients that their ability to concentrate and react may be impaired as a result of hypoglycemia. Advise patients who have frequent hypoglycemia or reduced or absent warning signs of hypoglycemia to use caution when driving or operating machinery *[see Warnings and Precautions (5.3)]*.

Inform patients that accidental mix-ups between HUMULIN 70/30 and other insulins have been reported. Instruct patients to always carefully check that they are administering the correct insulin (e.g., by checking the insulin label before each injection) to avoid medication errors between HUMULIN 70/30 and other insulins.

Hypersensitivity Reactions

Advise patients that hypersensitivity reactions have occurred with HUMULIN 70/30. Inform patients on the symptoms of hypersensitivity reactions *[see Warnings and Precautions (5.4)]*.

Visual Inspection Prior to Use

Instruct patients to visually inspect HUMULIN 70/30 before use and to use HUMULIN 70/30 only if it contains no particulate matter and appears uniformly cloudy after mixing *[see Dosage and Administration (2.1)]*.

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Literature revised Month YYYY

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PATIENT INFORMATION

HUMULIN® (HU-mu-lin) 70/30

(human insulin isophane suspension and human insulin injection)

Do not share your HUMULIN 70/30 KwikPen or syringes with other people, even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.

What is HUMULIN 70/30?

- HUMULIN 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

Who should not use HUMULIN 70/30?

Do not use HUMULIN 70/30 if you:

- are having an episode of low blood sugar (hypoglycemia).
- have an allergy to HUMULIN 70/30 or any of the ingredients in HUMULIN 70/30.

Before using HUMULIN 70/30, tell your healthcare provider about all your medical conditions including, if you:

- **have liver or kidney problems.**
- take any other medicines, especially ones commonly called TZDs (thiazolidinediones).
- have heart failure or other heart problems. If you have heart failure, it may get worse while you take TZDs with HUMULIN 70/30.
- are pregnant, planning to become pregnant. Talk with your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant.
- are breast-feeding or plan to breastfeed. HUMULIN 70/30 may pass into your breast milk. Talk with your healthcare provider about the best way to feed your baby while using HUMULIN 70/30.
- are taking new prescription or over-the-counter medicines, vitamins, or herbal supplements.

Before you start using HUMULIN 70/30, talk to your healthcare provider about low blood sugar and how to manage it.

How should I use HUMULIN 70/30?

- Read the **Instructions for Use** that come with your HUMULIN 70/30.
- Use HUMULIN 70/30 exactly as your healthcare provider tells you to.
- Know the type and strength of insulin you use. **Do not** change the type of insulin you use unless your healthcare provider tells you to. The amount of insulin and the best time for you to take your insulin may need to change if you use different types of insulin.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

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- **Do not share your HUMULIN 70/30 KwikPen or syringes with other people, even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.**

Your HUMULIN 70/30 dose may need to change because of:

- change in level of physical activity or exercise, weight gain or loss, increased stress, illness, change in diet.

What should I avoid while using HUMULIN 70/30?

While using HUMULIN 70/30 do not:

- Drive or operate heavy machinery, until you know how HUMULIN 70/30 affects you.
- Drink alcohol or use prescription or over-the-counter medicines that contain alcohol.

What are the possible side effects of HUMULIN 70/30?

HUMULIN 70/30 may cause serious side effects that can lead to death, including:

- **low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include:
  - dizziness or light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability, or mood changes, hunger.
- **serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
  - a rash over your whole body, trouble breathing, a fast heartbeat, or sweating.
- **low potassium in your blood (hypokalemia).**
- **heart failure.** Taking certain diabetes pills called thiazolidinediones or “TZDs” with HUMULIN 70/30 may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with HUMULIN 70/30. Your healthcare provider should monitor you closely while you are taking TZDs with HUMULIN 70/30. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:
  - shortness of breath, swelling of your ankles or feet, sudden weight gain.

  Treatment with TZDs and HUMULIN 70/30 may need to be adjusted or stopped by your healthcare provider if you have new or worse heart failure.

Get emergency medical help if you have:

- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

The most common side effects of HUMULIN 70/30 include:

- low blood sugar (hypoglycemia), allergic reactions including reactions at the injection site, skin thickening or pits at the injection site (lipodystrophy), itching, rash, weight gain, and swelling of your hands and feet. These are not all the possible side effects of HUMULIN 70/30. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of HUMULIN 70/30:

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or healthcare provider for information

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about HUMULIN 70/30 that is written for health professionals. Do not use HUMULIN 70/30 for a condition for which it was not prescribed. Do not give HUMULIN 70/30 to other people, even if they have the same symptoms that you have. It may harm them.

What are the ingredients in HUMULIN 70/30?

Active Ingredient: insulin human

Inactive Ingredients: protamine sulfate, glycerin, dibasic sodium phosphate, metacresol, phenol, zinc oxide, water for injection, hydrochloric acid or sodium hydroxide

For more information, call 1-800-545-5979 or go to www.humulin.com.

This Patient Information has been approved by the U.S. Food and Drug Administration.

Patient Information revised 08/2019

Marketed by: Lilly USA, LLC, Indianapolis, IN 46285, USA

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Instructions for Use

HUMULIN® 70/30 KwikPen®

(human insulin isophane suspension and human insulin injection)
100 units/mL, 3 mL pen

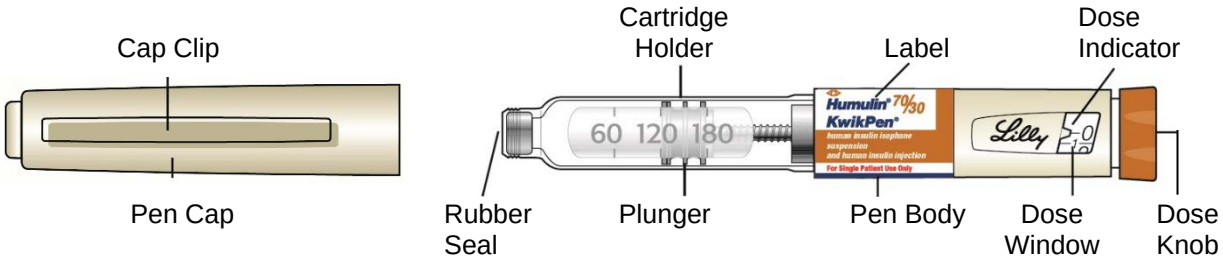
Read the Instructions for Use before you start taking HUMULIN 70/30 and each time you get another KwikPen. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

Do not share your HUMULIN 70/30 KwikPen with other people, even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.

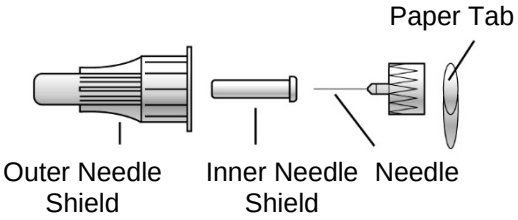
HUMULIN® 70/30 KwikPen® ("Pen") is a disposable prefilled pen containing 300 units of HUMULIN 70/30. You can give yourself more than 1 dose from the Pen. Each turn (click) of the Dose Knob dials 1 unit of insulin. You can give from 1 to 60 units in a single injection. **If your dose is more than 60 units, you will need to give yourself more than 1 injection.** The Plunger only moves a little with each injection, and you may not notice that it moves. The Plunger will only reach the end of the cartridge when you have used all 300 units in the Pen.

People who are blind or have vision problems should not use the Pen without help from a person trained to use the Pen.

KwikPen Parts



Pen Needle Parts
(Needles Not Included)



Dose Knob

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How to recognize your HUMULIN 70/30 KwikPen

- Pen color: Beige
- Dose Knob: Brown
- Labels: White label with brown stripe

Supplies you will need to give your injection

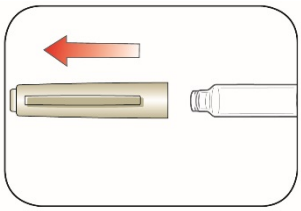
- HUMULIN 70/30 KwikPen
- KwikPen compatible Needle (Becton, Dickinson and Company Pen Needles recommended)
- Alcohol swab
- Gauze

Preparing your Pen

- Wash your hands with soap and water.
- Check your Pen to make sure you are taking the right type of insulin. This is especially important if you use more than 1 type of insulin.
- **Do not** use your Pen past the expiration date printed on the Label or for more than 10 days after you first start using the Pen.
- **Always use a new needle for each injection to help prevent infections and blocked needles. Do not reuse or share your needles with other people. You may give other people a serious infection or get a serious infection from them.**

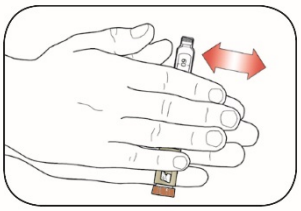
Step 1:

- Pull the Pen Cap straight off.
  - **Do not** remove the Pen Label.
- Wipe the Rubber Seal with an alcohol swab.
  - **Do not** attach the Needle before mixing.



Step 2:

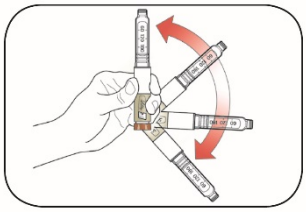
- Gently roll the Pen between your hands 10 times.



Step 3:

- Move the Pen up and down (invert) 10 times.

  Mixing by rolling and inverting the Pen is important to make sure you get the right dose.



Step 4:

- **Check the liquid in the Pen**.
  HUMULIN 70/30 should look white and cloudy after mixing. **Do not** use if it looks clear or has any lumps or particles in it.

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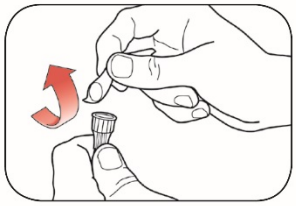
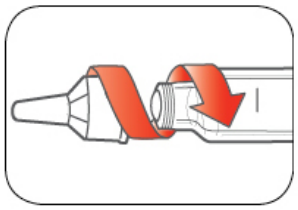
Step 5:

- **Select a new Needle.**
- Pull off the Paper Tab from the Outer Needle Shield.



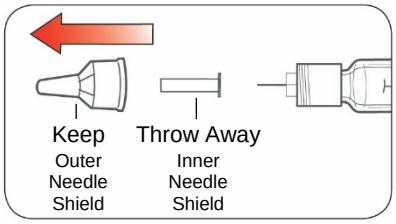
Step 6:

- Push the capped Needle straight onto the Pen and twist the Needle on until it is tight.



Step 7:

- Pull off the Outer Needle Shield. **Do not** throw it away.
- Pull off the Inner Needle Shield and throw it away.



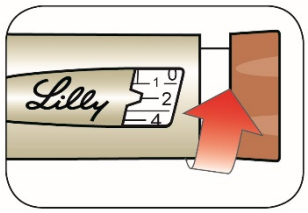
Priming your Pen

Prime before each injection.

- Priming your Pen means removing the air from the Needle and Cartridge that may collect during normal use and ensures that the Pen is working correctly.
- If you **do not** prime before each injection, you may get too much or too little insulin.

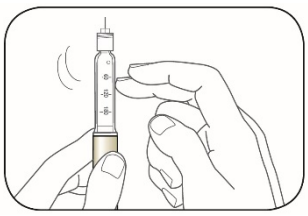
Step 8:

- To prime your Pen, turn the Dose Knob to select 2 units.



Step 9:

- Hold your Pen with the Needle pointing up. Tap the Cartridge Holder gently to collect air bubbles at the top.



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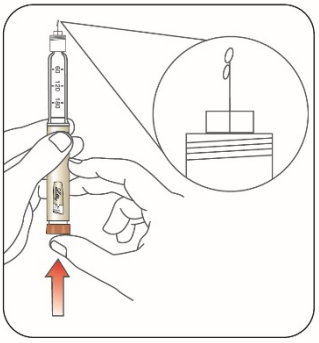
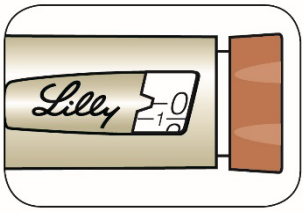
Step 10:

- Continue holding your Pen with Needle pointing up. Push the Dose Knob in until it stops, and “0” is seen in the Dose Window. Hold the Dose Knob in and **count to 5 slowly**.
- You should see insulin at the tip of the Needle.
  - If you **do not** see insulin, repeat priming steps 8 to 10, no more than 4 times.
  - If you **still do not** see insulin, change the Needle and repeat priming steps 8 to 10.

Small air bubbles are normal and will not affect your dose.





Selecting your dose

- You can give from 1 to 60 units in a single injection.
- If your dose is more than 60 units, you will need to give more than 1 injection.
  - If you need help with dividing up your dose the right way, ask your healthcare provider.
  - Use a new Needle for each injection and repeat the priming step.

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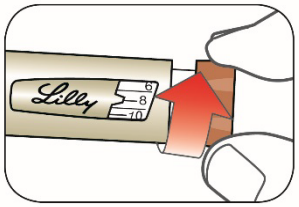
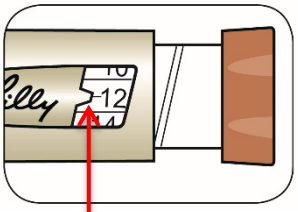
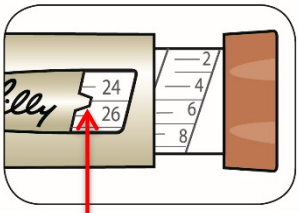
Step 11:

- Turn the Dose Knob to select the number of units you need to inject. The Dose Indicator should line up with your dose.
  - The Pen dials 1 unit at a time.
  - The Dose Knob clicks as you turn it.
  - **Do not** dial your dose by counting the clicks. You may dial the wrong dose. This may lead to you getting too much insulin or not enough insulin.
  - The dose can be corrected by turning the Dose Knob in either direction until the correct dose lines up with the Dose Indicator.
  - The **even** numbers (for example, 12) are printed on the dial.
  - The **odd** numbers, (for example, 25) after the number 1, are shown as full lines.
- **Always check the number in the Dose Window to make sure you have dialed the correct dose.**





(Example: 12 units shown in the Dose Window)



(Example: 25 units shown in the Dose Window)

- The Pen will not let you dial more than the number of units left in the Pen.
- If you need to inject more than the number of units left in the Pen, you may either:
  - inject the amount left in your Pen and then use a new Pen to give the rest of your dose,

  or
  - get a new Pen and inject the full dose.
- It is normal to see a small amount of insulin left in the Pen that you can not inject.

Giving your injection

- Inject your insulin as your healthcare provider has shown you.
- Change (rotate) your injection site for each injection.
- **Do not** try to change your dose while injecting.

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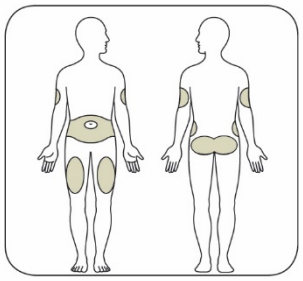
Step 12:

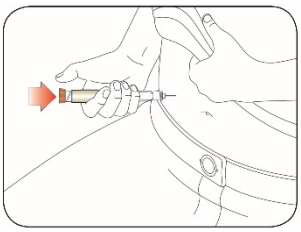
- Choose your injection site.

  HUMULIN 70/30 is injected under the skin (subcutaneously) of your stomach area, buttocks, upper legs or upper arms.
- Wipe your skin with an alcohol swab, and let your skin dry before you inject your dose.



Step 13:

- Insert the Needle into your skin.
- Push the Dose Knob all the way in.
- Continue to hold the Dose Knob in and **slowly count to 5** before removing the Needle.



Do not try to inject your insulin by turning the Dose Knob. You will **not** receive your insulin by turning the Dose Knob.

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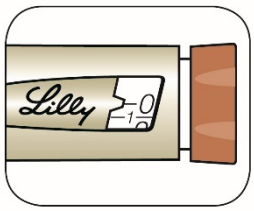
Step 14:

- Pull the Needle out of your skin.

  A drop of insulin at the Needle tip is normal. It will not affect your dose.
- Check the number in the Dose Window.
  - If you see “0” in the Dose Window, you have received the full amount you dialed.
  - If you do not see “0” in the Dose Window, do not redial. Insert the Needle into your skin and finish your injection.
  - If you **still** do not think you received the full amount you dialed for your injection, **do not start over or repeat the injection.** Monitor your blood glucose as instructed by your healthcare provider.
  - If you normally need to give 2 injections for your full dose, be sure to give your second injection.

The Plunger only moves a little with each injection, and you may not notice that it moves.

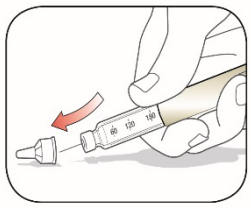
If you see blood after you take the Needle out of your skin, press the injection site lightly with a piece of gauze or an alcohol swab. **Do not** rub the area.



After your injection

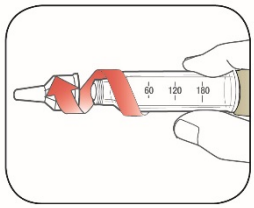
Step 15:

- Carefully replace the Outer Needle Shield.



Step 16:

- Unscrew the capped Needle and throw it away (see **Disposing of Pens and Needles** section).
- **Do not** store the Pen with the Needle attached to prevent leaking, blocking the Needle, and air from entering the Pen.



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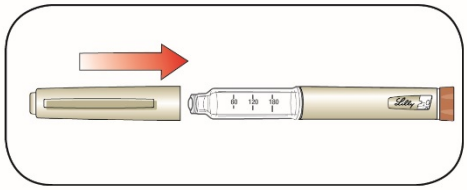
Step 17:

- Replace the Pen Cap by lining up the Cap Clip with the Dose Indicator and pushing straight on.



Disposing of Pens and Needles

- Put your used needles in a FDA-cleared sharps disposal container right away after use. Do not throw away (dispose of) loose needles in your household trash.
- If you do not have a FDA-cleared sharps disposal container, you may use a household container that is:
  - made of a heavy-duty plastic,
  - can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out,
  - upright and stable during use,
  - leak-resistant, and
  - properly labeled to warn of hazardous waste inside the container.
- When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: http://www.fda.gov/safesharpsdisposal
- Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this. Do not recycle your used sharps disposal container.
- The used Pen may be discarded in your household trash after you have removed the needle.

Storing your Pen

Unused Pens

- Store unused Pens in the refrigerator at 36°F to 46°F (2°C to 8°C).
- **Do not** freeze your insulin. **Do not** use if it has been frozen.
- Unused Pens may be used until the expiration date printed on the Label, if the Pen has been kept in the refrigerator.

In-use Pen

- Store the Pen you are currently using at room temperature [up to 86°F (30°C)]. Keep away from heat and light.
- Throw away the HUMULIN 70/30 Pen you are using after 10 days, even if it still has insulin left in it.

General information about the safe and effective use of your Pen

- **Keep your Pen and needles out of the reach of children.**
- **Do not** use your Pen if any part looks broken or damaged.
- Always carry an extra Pen in case yours is lost or damaged.

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Troubleshooting

- If you can not remove the Pen Cap, gently twist the cap back and forth, and then pull the cap straight off.
- If the Dose Knob is hard to push:
  - Pushing the Dose Knob more slowly will make it easier to inject.
  - Your Needle may be blocked. Put on a new Needle and prime the Pen.
  - You may have dust, food, or liquid inside the Pen. Throw the Pen away and get a new Pen.

If you have any questions or problems with your HUMULIN 70/30 KwikPen, contact Lilly at 1-800-LillyRx (1-800-545-5979) or call your healthcare provider for help. For more information on HUMULIN 70/30 KwikPen and insulin, go to www.lilly.com.

Scan this code to launch

www.humulin.com

This Instructions for Use has been approved by the U.S. Food and Drug Administration.

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Revised: 08/2019

Marketed by: Lilly USA, LLC
Indianapolis, IN 46285, USA

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HUMULIN 70/30 KwikPen meets the current dose accuracy and functional requirements of ISO 11608-1:2014.

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Instructions for Use

HUMULIN® (HU-mu-lin) 70/30

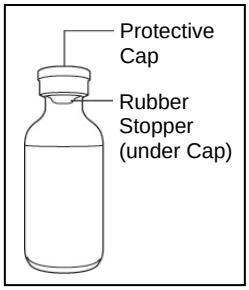
(human insulin isophane suspension and human insulin injection) vial (100 Units/mL, U-100)

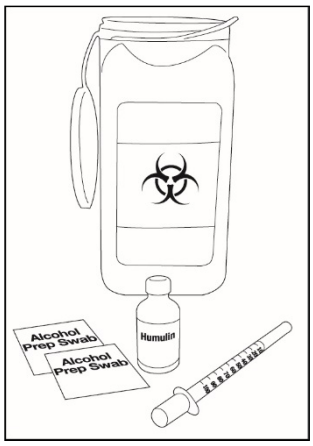
Read the Instructions for Use before you start taking HUMULIN 70/30 and each time you get a new HUMULIN 70/30 vial. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

Do not share your syringes with other people, even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.

Supplies needed to give your injection:

- a HUMULIN 70/30 vial
- a U-100 insulin syringe and needle
- 2 alcohol swabs
- 1 sharps container for throwing away used needles and syringes. See **"Disposing of used needles and syringes"** at the end of these instructions.





Preparing your HUMULIN 70/30 dose:

- Wash your hands with soap and water.
- **Check the HUMULIN 70/30 label to make sure you are taking the right type of insulin. This is especially important if you use more than 1 type of insulin.**
- **Do not** use HUMULIN 70/30 past the expiration date printed on the label or 31 days after you first use it.
- **Always use a new syringe or needle for each injection to help ensure sterility and prevent blocked needles. Do not reuse or share your syringes or needles with other people. You may give other people a serious infection or get a serious infection from them.**

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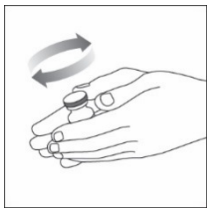
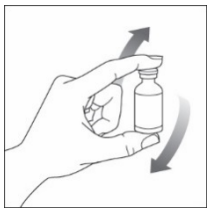
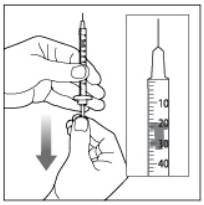
Step 1: Gently roll the vial between the palms of your hands at least 10 times.	
Step 2: Carefully invert the vial at least 10 times. **Mixing is important** to make sure you get the right dose. Humulin 70/30 should look white and cloudy after mixing. **Do not** use it if it looks clear or contains any lumps or particles.	
Step 3: If you are using a new vial, pull off the plastic Protective Cap, but **do not** remove the Rubber Stopper.	
Step 4: Wipe the Rubber Stopper with an alcohol swab.	
Step 5: Hold the syringe with the needle pointing up. Pull down on the Plunger until the tip of the Plunger reaches the line for the number of units for your prescribed dose.	 (Example Dose: 20 units shown)
Step 6: Push the needle through the Rubber Stopper of the vial.	

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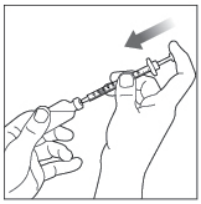
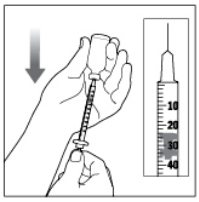
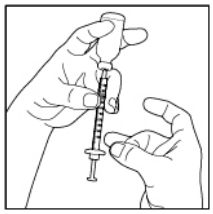
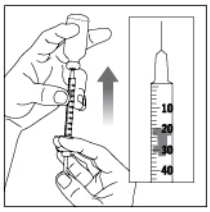
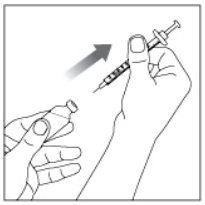
Step 7: Push the plunger all the way in. This puts air into the vial.	
Step 8: Turn the vial and syringe upside down and slowly pull the Plunger down until the tip is a few units past the line for your prescribed dose. If there are air bubbles, tap the syringe gently a few times to let any air bubbles rise to the top.	 (Example Dose: 20 units Plunger is shown at 24 units) 
Step 9: Slowly push the Plunger up until the tip reaches the line for your prescribed dose. Check the syringe to make sure that you have the right dose.	 (Example Dose: 20 units shown)
Step 10: Pull the syringe out of the vial's Rubber Stopper.	

Giving your HUMULIN 70/30 injection:

- Inject your insulin exactly as your healthcare provider has shown you.
- Change (rotate) your injection site for each injection.

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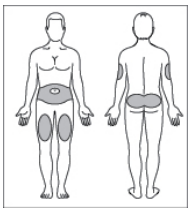
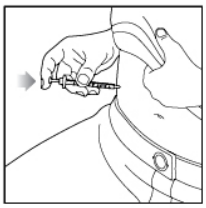
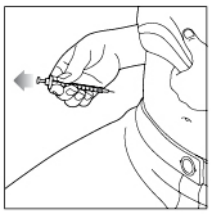
Step 11: Choose your injection site. HUMULIN 70/30 is injected under the skin (subcutaneously) of your stomach area (abdomen), buttocks, upper legs or upper arms. Wipe the skin with an alcohol swab. Let the injection site dry before you inject your dose.	
Step 12: Insert the needle into your skin.	
Step 13: Push down on the Plunger to inject your dose. The needle should stay in your skin for at least 5 seconds to make sure you have injected all of your insulin dose.	
Step 14: Pull the needle out of your skin. • If you see blood after you take the needle out of your skin, press the injection site with a piece of gauze or an alcohol swab. **Do not** rub the area. • **Do not** recap the needle. Recapping the needle can lead to a needle stick injury.	

Disposing of used needles and syringes:

- Put your used needles and syringes in a FDA-cleared sharps disposal container right away after use. **Do not** throw away (dispose of) loose needles and syringes in your household trash.
- If you do not have a FDA-cleared sharps disposal container, you may use a household container that is:
  - made of a heavy-duty plastic,
  - can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out,
  - upright and stable during use,
  - leak-resistant, and
  - properly labeled to warn of hazardous waste inside the container.

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- When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: http://www.fda.gov/safesharpsdisposal.
- Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this. Do not recycle your used sharps disposal container.

How should I store HUMULIN 70/30?

All unopened HUMULIN 70/30 vials:

- Store all unopened vials in the refrigerator.
- **Do not** freeze. **Do not** use if it has been frozen.
- Keep away from heat and out of direct light.
- Unopened vials can be used until the expiration date on the carton and label, if they have been stored in the refrigerator.
- Unopened vials should be thrown away after 31 days, if they are stored at room temperature.

After HUMULIN 70/30 vials have been opened:

- Store opened vials in the refrigerator or at room temperature below 86°F (30°C) for up to 31 days.
- Keep away from heat and out of direct light.
- Throw away all opened vials after 31 days of use, even if there is still insulin left in the vial.

General information about the safe and effective use of HUMULIN 70/30.

- Keep HUMULIN 70/30 vials, syringes, needles, and all medicines out of the reach of children.
- **Always use** a new syringe or needle for each injection.
- **Do not reuse or share your syringes or needles with other people. You may give other people a serious infection or get a serious infection from them.**

If you have any questions or problems with your HUMULIN, contact Lilly at 1-800-Lilly-Rx (1-800-545-5979) or call your healthcare provider for help. For more information on HUMULIN and insulin, go to www.humulin.com.

Scan this code to launch the humulin.com website

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Instructions for Use revised: 08/2019

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