

**How to take  
 Once Weekly  
 FOSAMAX® 35 mg**  
 (Alendronate Sodium Tablets)

**Choose the day of the week that best fits your schedule.** Every week, take one FOSAMAX tablet on your chosen day.

**After getting up for the day** on your chosen day of the week, swallow (do not chew or suck) one FOSAMAX tablet with a full glass (6–8 oz.) of plain water, on an empty stomach. Do not take FOSAMAX at bedtime or before arising for the day.

**Begin your morning activities...** but don't lie down, eat, drink, or take other medication for at least 30 minutes. If you want to lie down after 30 minutes, you must eat breakfast first.

**Remember** to take one FOSAMAX tablet once each week on that same day for as long as your doctor prescribes it.

**If you miss a dose,** take only one FOSAMAX tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

There is important additional information about how to take *Once Weekly* FOSAMAX in the enclosed Patient Information leaflet. Please read it carefully.



**ONCE WEEKLY**  
**FOSAMAX®**  
 (alendronate sodium tablets)

**Choose your day for taking Once Weekly FOSAMAX® 35 mg**

Sunday	<input type="text"/>
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Saturday	<input type="text"/>



**WEEK 1**

**Push tablet through back of package**

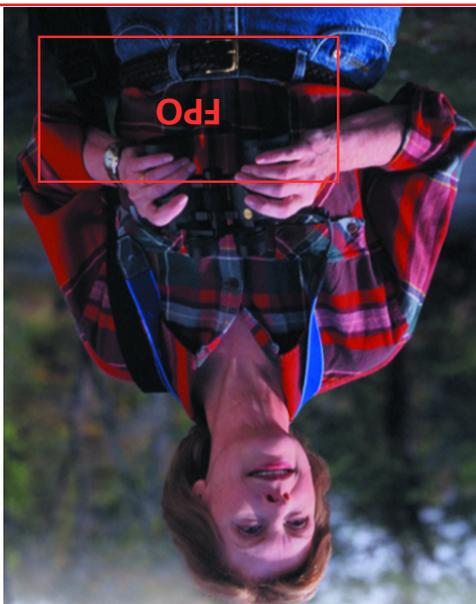
To help you remember to take your FOSAMAX, choose a day of the week that will be best for you to remember. Write in the best date for you to start FOSAMAX.

Whitehouse Station, NJ 08889, USA  
**MERCK & CO., INC.**

**Patient Starter Kit**  
 Each tablet contains 45.68 mg Alendronate Sodium (35 mg free acid equivalent)  
 1 tablet  
 NO. 3813  
 COMPLIMENTARY  
 Rx only

**ONCE WEEKLY FOSAMAX® 35 mg**  
 (Alendronate Sodium Tablets)

For the prevention of osteoporosis in postmenopausal women



**Once Weekly FOSAMAX® (Alendronate Sodium Tablets) 35 mg Patient Starter Kit**



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 Printed in USA



COMPLIMENTARY SRN 6292

Please read the enclosed Patient Information leaflet for further details.

Side effects in studies have usually been mild and generally have not caused patients to stop taking FOSAMAX. The most commonly reported side effect was abdominal (stomach) pain.

Patient Physician Date dispensed

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Patient instructions



**USUAL ADULT DOSAGE:** ONE 35 mg TABLET ONCE WEEKLY. See accompanying circular for complete dosage information. Package not child-resistant. Keep this and all drugs out of the reach of children. Store at room temperature, 15–30°C (59–86°F).

**ONCE WEEKLY FOSAMAX®**  
 (alendronate sodium tablets)

**How to take  
 Once Weekly  
 FOSAMAX® 70 mg**  
 (Alendronate Sodium Tablets)

**Choose the day of the week that best fits your schedule.** Every week, take one FOSAMAX tablet on your chosen day.

**After getting up for the day** on your chosen day of the week, swallow (do not chew or suck) one FOSAMAX tablet with a full glass (6–8 oz.) of plain water, on an empty stomach. Do not take FOSAMAX at bedtime or before arising for the day.

**Begin your morning activities...**but don't lie down, eat, drink, or take other medication for at least 30 minutes. If you want to lie down after 30 minutes, you must eat breakfast first.

**Remember** to take one FOSAMAX tablet once each week on that same day for as long as your doctor prescribes it.

**If you miss a dose,** take only one FOSAMAX tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

There is important additional information about how to take *Once Weekly* FOSAMAX in the enclosed Patient Information leaflet. Please read it carefully.



**ONCE WEEKLY**  
**FOSAMAX®**  
 (alendronate sodium tablets)

**Choose your day for taking *Once Weekly* FOSAMAX® 70 mg**

Sunday	<input type="text"/>
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Saturday	<input type="text"/>



**WEEK 1**

**Push tablet through back of package**

To help you remember to take your FOSAMAX, choose a day of the week that will be best for you to remember. Write in the best date for you to start FOSAMAX.

For the treatment of osteoporosis in postmenopausal women

**ONCE WEEKLY FOSAMAX® 70 mg**  
 (Alendronate Sodium Tablets)

**Patient Starter Kit**  
 Each tablet contains 91.37 mg Alendronate Sodium (70 mg free acid equivalent)  
 1 tablet  
 NO. 3814  
 COMPLIMENTARY  
 Rx only

**MERCK & CO., INC.**  
 Whitehouse Station, NJ 08889, USA

**Once Weekly FOSAMAX® (Alendronate Sodium Tablets) 70 mg Patient Starter Kit**



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COMPLIMENTARY SRN 6303

Please read the enclosed Patient Information leaflet for further details.

Side effects in studies have usually been mild and generally have not caused patients to stop taking FOSAMAX. The most commonly reported side effect was abdominal (stomach) pain.

Physician \_\_\_\_\_  
 Date dispensed \_\_\_\_\_

Patient instructions



USUAL ADULT DOSAGE: ONE 70 mg TABLET ONCE WEEKLY.  
 See accompanying circular for complete dosage information.  
 Package not child-resistant. Keep this and all drugs out of the reach of children. Store at room temperature, 15–30°C (59–86°F).



## How to Take FOSAMAX® (Alendronate Sodium Tablets)

1. After getting up for the day, swallow (do not chew or suck) one FOSAMAX tablet with a full glass (6–8 oz.) of plain water only. Do not take FOSAMAX at bedtime, or before arising for the day.
2. Begin the day's activities...but **DON'T LIE DOWN**, eat, drink, or take other medication for at least 30 minutes. (If you want to lie down after 30 minutes, you must eat breakfast first.)

### What Else Should I Know?

- Follow dosing instructions exactly to obtain benefit from FOSAMAX and reduce the potential for esophageal irritation. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

PUSH TO RELEASE TABLETS

## QUESTIONS & ANSWERS

### DO I HAVE TO DRINK A FULL GLASS OF PLAIN WATER?

**YES.** Drinking a full glass of plain water (6–8 oz.) delivers FOSAMAX® (Alendronate Sodium Tablets) to your stomach and helps dissolve the medication.

### CAN I TAKE OTHER MEDICATIONS OR DRINK COFFEE WITH FOSAMAX?

**NO.** Anything other than plain water may interfere with how well FOSAMAX works.

### WHY MUST I WAIT AT LEAST 30 MINUTES BEFORE EATING BREAKFAST?

FOSAMAX is effective only when taken on an empty stomach.

### WHY CAN'T I LIE DOWN AFTER TAKING FOSAMAX?

Remaining upright lets the tablet settle quickly in your stomach and may help you avoid certain side effects like heartburn, chest pain, or difficulty or pain upon swallowing. If you must lie down, wait 30 minutes, eat breakfast, then lie down.

### WHO SHOULD NOT TAKE FOSAMAX?

FOSAMAX should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes, or have severe kidney disease, low levels of calcium in your blood, are allergic to FOSAMAX, or are pregnant or nursing.



**USUAL ADULT DOSAGE: ONE 10 mg TABLET DAILY.** See accompanying circular for complete dosage information.

**Package not child-resistant.**  
**Keep this and all drugs out of the reach of children.**  
Store at room temperature, 15–30°C (59–86°F).

Side effects in studies have usually been mild and generally have not caused patients to stop taking FOSAMAX. The most commonly reported side effect was abdominal (stomach) pain.

Please read the enclosed Prescribing Information and Patient Information leaflet for further details.

Patient instructions

Physician

Patient

Date dispensed

COMPLIMENTARY SRN 6160



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FOSAMAX® (Alendronate Sodium Tablets) 10 mg

FOSAMAX® (Alendronate Sodium Tablets) 10 mg

For the Treatment of Postmenopausal Osteoporosis and for the Treatment to Increase Bone Mass in Men with Osteoporosis

## FOSAMAX® 10 mg (Alendronate Sodium Tablets) Patient Starter Kit

### Rx only

7 Tablets  
No. 3797  
Complimentary  
Each tablet contains 13.05 mg Alendronate Sodium (10 mg free acid equivalent).

**MERCK & CO., INC.**  
Whitehouse Station, NJ 08889, USA



Please see the enclosed Prescribing Information and Patient Information leaflet.

## What Should I Know About Osteoporosis?

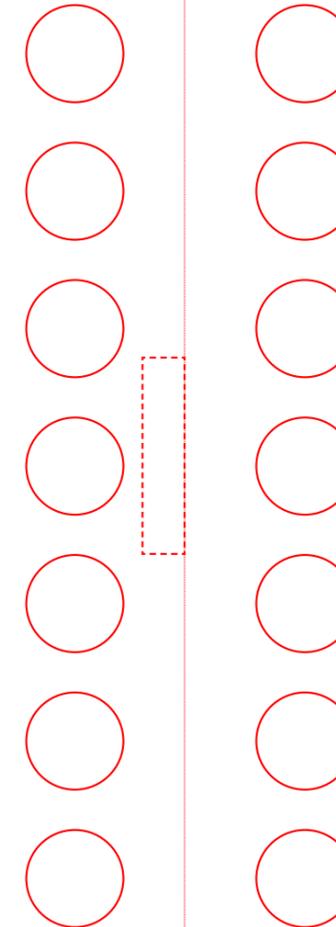
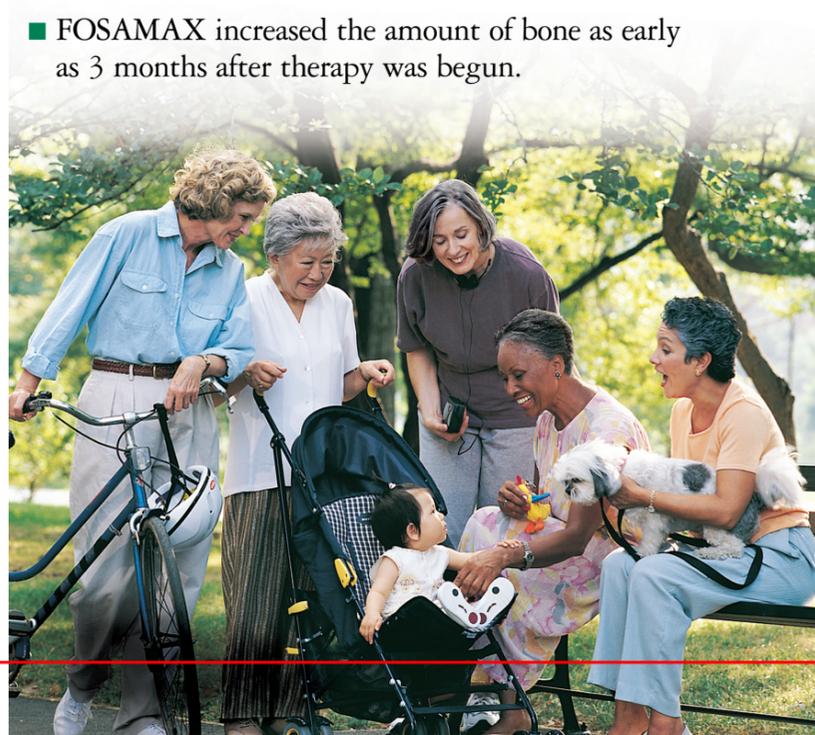
- Osteoporosis is a disease that causes bones to become thin, weak, and easy to break or fracture.
- Osteoporosis may cause pain, height loss, and humped back, limiting your mobility.
- Broken bones of the hip, spine, and wrist may cause pain, severe disability, or loss of mobility.



## Some Facts About FOSAMAX<sup>®</sup> (Alendronate Sodium Tablets)

### In clinical studies...

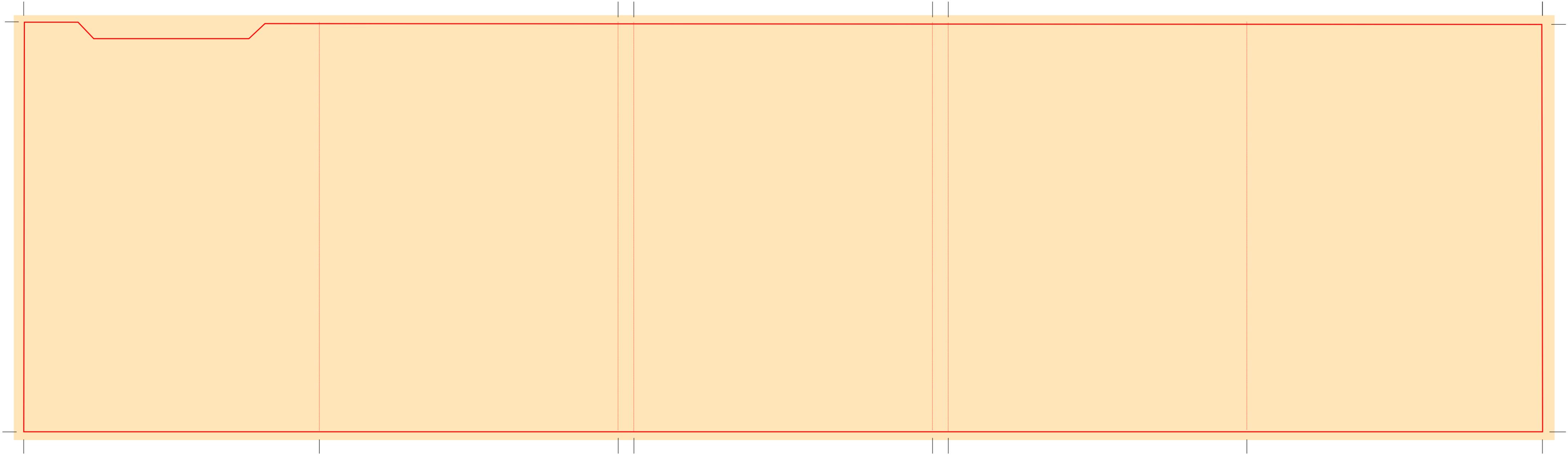
- FOSAMAX helped build bone, and reduced the number of fractures, including those at the hip and spine, in postmenopausal women.
- FOSAMAX increased bone mass in men with osteoporosis.
- FOSAMAX increased the amount of bone as early as 3 months after therapy was begun.



This label may not be the latest approved by FDA.  
For current labeling information, please visit <https://www.fda.gov/drugsatfda>



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**This is a representation of an electronic record that was signed electronically and  
this page is the manifestation of the electronic signature.**  
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/s/

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David Orloff  
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