

## Talk to your healthcare provider before making your own personal diet plan.

### FOODS ALLOWED

- Fresh or processed meat, fish, and poultry (with the exception of liver)<sup>2</sup>
- All other vegetables (not included on the "Foods to avoid" list)<sup>2</sup>
- Processed cheese, cottage cheese, ricotta cheese, farmer cheese, and cream cheese<sup>1,2</sup>

### FOODS TO AVOID

#### CHEESE

- strong or aged cheeses, such as aged cheddar, Swiss, and Parmesan<sup>1</sup>
- blue cheeses, such as Stilton and Gorgonzola<sup>1</sup>
- Camembert<sup>1</sup>

#### OTHER DAIRY

- sour cream<sup>2</sup>
- yogurt<sup>2</sup>

#### FRUITS AND VEGETABLES

- snow peas<sup>1</sup>
- broad beans (fava beans) and their pods<sup>2</sup>
- dried or overripe fruits, such as raisins or prunes, or overripe bananas or avocados<sup>2</sup>
- canned figs<sup>2</sup>

#### FISH AND POULTRY

- pickled herring<sup>2</sup>
- anchovies<sup>2</sup>
- caviar<sup>2</sup>

#### FISH AND POULTRY *continued*

- dried, aged, smoked, or fermented fish and poultry<sup>3</sup>

#### MEATS

- liver<sup>2</sup>
- meat extracts<sup>2</sup>
- cured meats, which are meats treated with salt and nitrate or nitrite, such as dry-type summer sausages, pepperoni, and salami<sup>1</sup>
- smoked or processed meats, such as hot dogs, bologna, bacon, corned beef, or smoked fish<sup>1</sup>
- meat tenderizers or meat prepared with tenderizers<sup>2</sup>

#### SAUCES

- soy sauce<sup>2</sup>
- shrimp sauce<sup>1</sup>
- fish sauce<sup>1</sup>
- teriyaki sauce<sup>1</sup>

#### ALCOHOLIC BEVERAGES

- beer (including non-alcoholic beer)<sup>2</sup>
- red wine, such as Chianti<sup>2</sup>
- sherry<sup>2</sup>
- liqueurs<sup>2</sup>

#### OTHER FOODS

- chocolate<sup>2</sup>
- pickled or fermented foods, such as sauerkraut, kimchi, or pickles<sup>1</sup>
- yeast-extract spreads, such as Marmite, brewer's yeast<sup>1</sup>
- sourdough bread<sup>1</sup>
- combination foods that contain any of the above ingredients<sup>1</sup>
- improperly stored foods<sup>1</sup>
- spoiled foods or foods past their freshness date<sup>1</sup>
- caffeinated beverages<sup>1</sup>
- soy products/tofu<sup>1</sup>
- miso<sup>1</sup>

#### What is MARPLAN<sup>®</sup> (isocarboxazid)?

MARPLAN is a prescription medicine used to treat people with depression.

#### IMPORTANT SAFETY INFORMATION

Because of its potentially serious side effects, MARPLAN should not be considered as the first choice for the treatment of depression, but should be considered when other antidepressants have failed to control symptoms of depression. You should talk to your healthcare provider about the benefits and risks associated with treatment.

#### WARNING: SUICIDALITY

MARPLAN is not for use in children and adolescents. Antidepressant medicines such as MARPLAN may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions. You should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings when taking MARPLAN, especially when starting treatment or when the dose is changed. Call your healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.

**MARPLAN Consumer Important Safety Information (continued)**

**What is the most important information I should know about MARPLAN?**

- **Symptoms may worsen with or without MARPLAN.** Patients with major depressive disorder (MDD) may experience a worsening of depression and an increased risk of suicide or unusual behavior, both with and without treatment. On a day-to-day basis, patients and their families and caregivers should be alert to the emergence of an increase in symptoms such as anxiety, agitation, panic attacks, insomnia, irritability, hostility, aggressiveness, impulsive behavior, akathisia (inner restlessness), mania, hypomania (a mind in persistent overdrive), worsening of depression, and thoughts of suicide.
- **MARPLAN is not for use in treating bipolar depression.** You should talk to your healthcare provider about the risks and benefits of starting treatment, as well as your treatment choices for depression and other serious mental illness.
- **Low blood pressure, faintness, and significant drowsiness may occur while taking MARPLAN.** It is recommended to avoid potentially hazardous tasks, such as driving a car or operating machinery, until you know how MARPLAN affects you.
- **Taking MARPLAN with certain drugs and foods may result in dangerous increases in blood pressure.** You should have your blood pressure checked on a regular basis while on MARPLAN and promptly tell your healthcare provider if you experience any of the following symptoms:
  - headache
  - rapid heartbeat
  - tightness in the throat or chest
  - dizziness
  - neck stiffness
  - nausea or vomiting
- **Avoid foods that contain tyramine while taking MARPLAN.** When taking MARPLAN, you need to avoid certain foods that contain a chemical called tyramine because they may interact with MARPLAN and cause serious side effects. Caffeine should also not be consumed in large amounts. A list of foods to avoid while taking MARPLAN is provided below.

**Foods you CANNOT eat:**

**In general, you should avoid foods that are aged to increase flavor.**

Meat, Poultry and Fish	
<ul style="list-style-type: none"> <li>• Dry sausage</li> <li>• Pickled herring</li> <li>• Anchovies</li> <li>• Caviar</li> </ul>	<ul style="list-style-type: none"> <li>• Liver</li> <li>• Meat extracts</li> <li>• Meat prepared with tenderizers</li> </ul>
Beverages	
<ul style="list-style-type: none"> <li>• Chianti wine</li> <li>• Sherry</li> </ul>	<ul style="list-style-type: none"> <li>• Beer (including non-alcoholic beer)</li> <li>• Liqueurs</li> </ul>
Dairy (milk products)	
<ul style="list-style-type: none"> <li>• Cheese (particularly strong or aged varieties)</li> </ul>	<ul style="list-style-type: none"> <li>• Sour cream</li> <li>• Yogurt</li> </ul>
Fruits and Vegetables	
<ul style="list-style-type: none"> <li>• Fava or broad bean pods (not beans)</li> <li>• Canned figs</li> <li>• Raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas (particularly if overripe)</li> <li>• Avocados (particularly if overripe)</li> </ul>
Other	
<ul style="list-style-type: none"> <li>• Yeast extracts</li> <li>• Sauerkraut</li> </ul>	<ul style="list-style-type: none"> <li>• Soy sauce</li> <li>• Chocolate</li> </ul>

**Who should not take MARPLAN?**

Do not take MARPLAN if you

- are allergic to isocarboxazid
- have or have had health conditions affecting the brain, heart, or blood vessels
- have high blood pressure
- have or have had recurrent headaches
- have pheochromocytoma
- have or have had liver disease
- have kidney problems

**What should I tell my healthcare provider before taking MARPLAN?**

*Some medications can interact with MARPLAN and cause serious unwanted effects. To avoid these effects, be sure to tell your doctor about ALL of the other medications you are taking, including herbal supplements.*

Before you take MARPLAN, tell your healthcare provider if you have any of the following conditions:

- epilepsy
- liver disease
- diabetes
- hyperthyroidism
- mental illness

**The most common side effects of MARPLAN include**

- dry mouth
- constipation
- nausea
- headache
- sleep disturbance
- dizziness

These are not all the possible side effects of MARPLAN. For more information, ask your healthcare provider or pharmacist. Tell your healthcare provider if you have any side effects that bothers you or that does not go away.

Please refer to the full Prescribing Information for a list of inactive ingredients found at [www.marplan.com](http://www.marplan.com).

**What should I avoid while taking MARPLAN?**

- Avoid foods that contain a chemical called tyramine. See the link to the dietary guide above for a list of foods you can and cannot eat while taking MARPLAN.
- Avoid alcoholic beverages
- Avoid caffeine in large amounts
- Avoid taking additional prescription medicines or over-the-counter (OTC) drugs without first consulting with your doctor or pharmacist. Some OTC cough/cold, weight-control, and hay fever/allergy medicines may interact with MARPLAN to cause serious effects.

See the Contraindications section of the full Prescribing Information for a complete list of drugs to avoid.

The risk information provided here is not comprehensive. To learn more, talk about MARPLAN with your doctor or pharmacist. The FDA-approved product labeling can be found at [www.marplan.com](http://www.marplan.com) or 1-866-982-5438.

You may report side effects to the FDA at 1-800-FDA-1088, or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). You may also report side effects to VALIDUS at 1-866-982-5438 or [info@validuspharma.com](mailto:info@validuspharma.com).

MARPLAN is available by prescription only.

**Please see the accompanying Medication Guide at [www.marplan.com](http://www.marplan.com).**

**References:** 1. Mayo Clinic disease conditions. Updated December 18, 2018. Accessed September 25, 2020. <https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/maois/faq-20058035> 2. Marplan® [prescribing information]. Validus Pharmaceuticals LLC; Parsippany, NJ. 3. Stahl SM, Felker A. Monoamine oxidase inhibitors: a modern guide to an unrequited class of antidepressants. *CNS Spectr.* 2008;13(10):855-870.