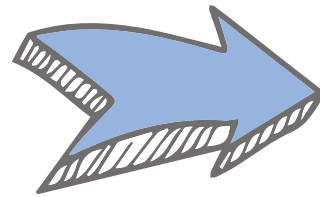


PREDNISONONE CHECKLIST

ARE YOU
MAKING
THE **Top 7** PREDNISONONE
MISTAKES?

Hello fellow prednisone patient!

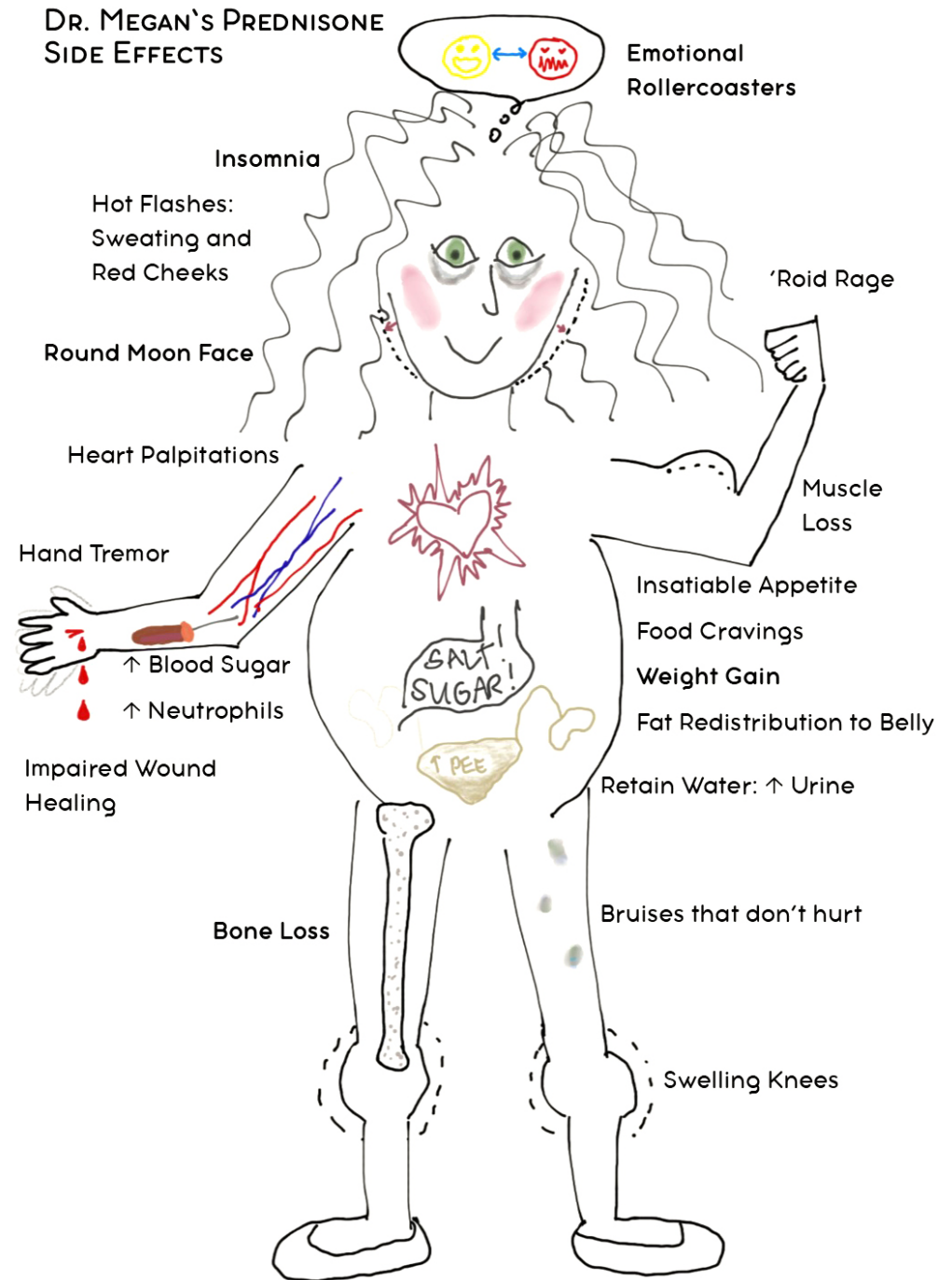
Do you ever feel like I do when taking prednisone?



I felt hopeless that my body was changing before my eyes and there was nothing I could do about it.

I discovered ways to fight back.

Read on to discover how you can, too.



Top 7 Mistakes

WHILE TAKING PREDNISONE



- **Suddenly stop taking prednisone—going “cold turkey.”**
- **Eating the standard American diet with fast food, processed food, candy, and bakery foods full of sugar and salt.**
- **Not taking precautions for osteoporosis.**
- **Drinking alcohol, caffeine, and soda.**
- **Letting muscles and strength waste away.**
- **Using screens before bedtime.**
- **Failing to check eyes, heart, weight, blood sugar and bones on time.**

Everyone taking prednisone should do:

More of these healthy habits...

Eat healthy food:

- Vegetables and foods high in calcium, potassium, and magnesium
- Protein
- Fiber
- Foods high in chromium, folic acid, vitamin A and vitamin C
- Take vitamin D and calcium supplement
- Drink lots of water

Exercise as your condition will allow:

- Weight-bearing exercise for bones
- Strength-training exercise for muscles
- 30 minutes most days of the week
- Don't exercise right before bedtime

Give yourself grace:

- Relax
- Accept that prednisone may change your personality temporarily
- Forgive yourself
- Ask others to understand
- Meditate
- Sleep

And less of these...

Eat less:

- Simple sugars (carbohydrates) like candy and bakery foods
- Salt and foods high in sodium
- Processed food
- Empty calories

Change your lifestyle:

- Quit smoking
- Limit alcohol
- Cut back on caffeine
- Limit screen time before bed

Never stop taking prednisone suddenly

- talk to your doctor about any concerns

1. Buckley L, Guyatt G, Fink HA, et al. Arthritis Rheumatol. 2017;69(8):1521-1537.
2. Liu et al. Allergy, Asthma, & Clinical Immunology. 2013;9:30.
3. Johnson HJ, Schonder KS. Summary of Immunosuppressant Adverse Effects. Solid-Organ Transplantation. In: DiPiro JT, Talbert RL, Yee GC, et al. Pharmacotherapy: A Pathophysiologic Approach. 6th ed. New York, NY: McGraw-Hill; 2005:1622.
4. Clinically Significant Drug-Induced Nutrient Depletion. Pharmacist's Letter. 2014.

Top 15

Concerns of People on Prednisone & What You Can Do About It

Your concern is	Things you can do EVERY DAY	Tips to do as needed	Talk to your doctor about
Weight Gain, Fat Changes	<ul style="list-style-type: none"> Beware that prednisone causes weight gain and eat as healthfully as you can. Exercise as your condition will allow, especially weight-bearing exercise like walking or dancing. 	<ul style="list-style-type: none"> Cut out sugar Cut out processed food Only eat whole foods 	<ul style="list-style-type: none"> Measure body weight
Retain Water, Moon Face	<ul style="list-style-type: none"> Drink water Limit salt (sodium) in your diet 	<ul style="list-style-type: none"> Cut out salt (sodium) Use potassium instead 	<ul style="list-style-type: none"> If you have too much swelling, tell your doctor.
Trouble Sleeping	<ul style="list-style-type: none"> Improve your sleep habits. Practice meditation and deep breathing to relax. Limit screen time two hours before bedtime. Exercise, but not right before bedtime. 	<ul style="list-style-type: none"> Take melatonin Take over-the-counter allergy medicine like diphenhydramine (Benadryl) that will make you drowsy. Get sunshine in the morning 	<ul style="list-style-type: none"> Ask your doctor for a sleeping medicine.
High Blood Pressure	<ul style="list-style-type: none"> Eat low-sodium (low salt) foods Lose weight Exercise 30 minutes most days of the week. 	<ul style="list-style-type: none"> Quit smoking Limit alcohol Cut back on caffeine 	<ul style="list-style-type: none"> Check your blood pressure If your blood pressure gets too high, then you may need to take medications to treat it.
Bone Loss (Osteoporosis)	<ul style="list-style-type: none"> Take calcium (1200 mg) and vitamin D (800 IU) daily; take half the dose in the morning and half at night. Eat high-calcium foods Exercise as your condition will allow, especially weight-bearing and strength-building exercise like walking or dancing. 	<ul style="list-style-type: none"> Limit your risk for falls by removing rugs or trip hazards, or installing bathroom grips. Quit smoking Reduce alcohol 	<ul style="list-style-type: none"> Measure height every year. Get your bones checked every year. Some people need to take a prescription medication to help.
Cataracts, Glaucoma, Blurry Vision	<ul style="list-style-type: none"> Exercise: take more steps Eat a healthy diet 	<ul style="list-style-type: none"> Quit smoking Limit alcohol 	<ul style="list-style-type: none"> Get your eyes checked every year.

Your concern is	Things you can do EVERY DAY	Tips to do as needed	Talk to your doctor about
Heart Problems	<ul style="list-style-type: none"> • Eat less processed food and more whole food. 	<ul style="list-style-type: none"> • Quit smoking • Limit alcohol 	<ul style="list-style-type: none"> • Your doctor may prescribe a heart medicine.
High Blood Sugar, Diabetes	<ul style="list-style-type: none"> • Avoid candy, baked goods, white flour, and white sugar. • Eat vegetables as a cornerstone of your diet. 	<ul style="list-style-type: none"> • Check your blood sugars 	<ul style="list-style-type: none"> • A prescription for medicine, like metformin, to lower blood sugar may be needed.
Emotional Mood Swings	<ul style="list-style-type: none"> • Tell your family and those close to you that you are not yourself emotionally while you are taking prednisone and ask them to be patient with you. • Start a meditation practice. 	<ul style="list-style-type: none"> • Deep breathing techniques to relax 	<ul style="list-style-type: none"> • If you have mood or behavior changes, get help. • Some people need to take a prescription to help.
Adrenal Suppression	<ul style="list-style-type: none"> • Never stop taking prednisone suddenly or without talking to your doctor about it. Your doctor will slowly lower your dose over a period of weeks to months. • Always take prednisone first thing in the morning, between 7-8 a.m. 	<ul style="list-style-type: none"> • Carry a medical alert tag so emergency workers know you're taking prednisone. 	<ul style="list-style-type: none"> • Ask your doctor about perhaps taking prednisone every other day.
Stomach Upset	<ul style="list-style-type: none"> • Take prednisone with food. • Don't take ibuprofen or naproxen while taking prednisone. 	<ul style="list-style-type: none"> • If you have stomach upset, you can take over-the-counter medicines like Tums or omeprazole (Prilosec). 	<ul style="list-style-type: none"> • Tell your doctor, and you may need a prescription.
Acne	<ul style="list-style-type: none"> • The lower the dose, the less likely acne will affect you. 	<ul style="list-style-type: none"> • Be sure to wash your face daily and if needed, use over-the-counter acne washes. 	<ul style="list-style-type: none"> • Use prescription-strength creams if needed.
Nutrient Changes: low calcium, potassium, magnesium, chromium, folic acid, vitamin A, vitamin C, and high sodium	<ul style="list-style-type: none"> • Eat foods high in calcium, potassium, magnesium, chromium, folic acid, vitamin A and vitamin C. • Avoid adding salt to food. 	<ul style="list-style-type: none"> • Take nutrient supplementation such as Zone, found at Nutranize.com. 	<ul style="list-style-type: none"> • Talk to your doctor about checking your blood levels.
Muscle Loss	<ul style="list-style-type: none"> • Resistance & endurance exercise like walking. • Eat protein 	<ul style="list-style-type: none"> • Use a protein supplement • Drink bone broth 	<ul style="list-style-type: none"> • Tell your doctor; you may need a prescription.
Weakened Immune System	<ul style="list-style-type: none"> • Prioritize sleep • Avoid contact with people with infections. 	<ul style="list-style-type: none"> • Carry a medical alert tag so emergency workers know you're taking prednisone. 	<ul style="list-style-type: none"> • Always tell your doctor if you might be sick since it's hard to tell while on prednisone.

Introducing Nutranize Zone for People on Prednisone

- Zone is formulated especially for people on prednisone.*
- The first and only supplement you need while on prednisone.
- Get your life back and feel like yourself again.



Who is this for?

- Have you gained weight since starting prednisone?
- Struggling not getting restful sleep?
- Concerned that prednisone causes your bones to lose calcium?

If you answered yes to any of these questions, then Nutranize Zone is for you. It is designed by a pharmacist who, like you, has experienced what it feels like to take prednisone and created Zone as a way to fight back.

Zone helps:

- reduce your suffering by
- replenishing your body so that you can
- recover from prednisone

Does it work?

This supplement has TOTALLY changed my life! I can sleep, I don't feel so moody, and I am not EXHAUSTED all the time! I feel like a normal person again, I have energy to play with my daughter, and I don't feel like I am in a fog all the time!!! Thank you so much Dr. Megan!! You've given me my life back!

- Ashleigh Wright from Texas



I can't believe I found something NATURAL to help me with my prednisone side effects!!!! I've been using prednisone for my lungs and autoimmune disease for years, and have ALWAYS suffered terrible side effects with moon face, weight gain, anxiety, depression... you name it, I was miserable. I did some research to try to find something to help me because I was going crazy. I came across Zone, and decided to give it a try... within a month I was feeling NORMAL again!!!! When I am finally off prednisone, I won't stop taking ZONE. I love how pure it is and how good it is for your body!!!! You WILL NOT REGRET this purchase, it has changed my life.. Literally!!!!

- Sarah Jacobs from Arizona

Buy Nutranize Zone today!



You can buy all the ingredients in Nutranize Zone individually for \$200

You can take each ingredient as its own capsule and end up taking 18 capsules / tablets per day!

You can consume all the extra fillers and binders in 18 capsules.

You can store 11 fat bottles in your medicine cabinet.

VS



OR

You can buy the only supplement you need while on prednisone for \$89.99

OR

You can take Nutranize Zone and simplify your pill burden down to just 2 in the morning and 2 at night.

OR

You can take just the minimum in only 4 per day.

OR

Just one Morning and one Bedtime bottle for all you need.

Save over \$100, a shelf of your medicine cabinet, and chugging an extra 14 pills per day!



- Go to [Nutranize.com](https://www.Nutranize.com)
- Subscribe for 10% off
- Take Zone with prednisone and finally feel like yourself again!