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SUPPORT\*

**RealSupport**<sup>™</sup>  
REAL INFORMATION FROM REAL PATIENTS  
Only from Sandostatin<sup>®</sup> LAR Depot  
(octreotide acetate) for neuroendocrine neoplasia  
10mg • 20mg • 30mg


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*This recipe was created by our RealSupport<sup>™</sup> nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

## MAPLE PEACH MERINGUES

 Prep time: 10 minutes

 Cook time: 45 minutes

 Ready in: 2 hours and 25 minutes

### Ingredients

- 3 egg whites, room temperature
- ⅓ cup plus 2 tablespoons maple syrup, divided
- 1 teaspoon vanilla extract
- ¼ teaspoon cream of tartar
- Pinch fine sea salt
- 16 ounces frozen sliced peaches, thawed
- ½ teaspoon ground cinnamon

### Steps

1. Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Combine egg whites, ⅓ cup maple syrup, vanilla extract, cream of tartar, and a pinch of salt in large mixing bowl. Beat mixture with electric mixer until stiff peaks form, 3-5 minutes.
2. Spoon mixture into 6 even piles on prepared baking sheet. With back of spoon, gently press mixture out into 3-inch diameter circles.
3. Reduce oven temperature to 250°F. Bake in oven for 45 minutes. Turn off oven and let meringues cool and dry additional 1½ hours before removing. Remove from oven and let cool completely to room temperature.
4. While meringues cool, prepare peaches: Heat large nonstick skillet over medium-high heat. Add peaches, remaining maple syrup, and cinnamon and cook until peaches start to caramelize on all sides, 2-4 minutes.
5. Carefully remove meringues from parchment paper and top with peaches in syrup.

\*Includes Sandostatin<sup>®</sup> (octreotide acetate) Immediate-Release Injection and Sandostatin<sup>®</sup> LAR Depot (octreotide acetate) for injectable suspension for all approved indications.

**Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.**

**Please see Indications and Important Safety Information on page 2.**

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about RealSupport™ program offerings, please follow us on [www.facebook.com /SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](https://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

Please [click here](#) for full Prescribing Information.

To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [us.sandostatin.com](https://us.sandostatin.com)

