



Mind your gut

Welcome to a different way to treat IBS pain



If you have gut pain caused by irritable bowel syndrome (IBS), say hello to Regulora®. Regulora is a new treatment option that digitally delivers gut-directed hypnotherapy, which focuses on the communication between your mind and your gut.

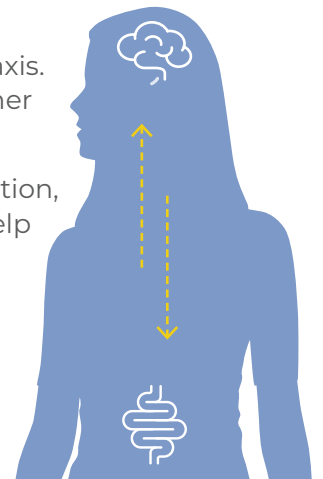
Regulora isn't a drug. It's the first and only FDA-cleared app specifically for abdominal pain caused by IBS in adults. With Regulora, you can access pain relief in the comfort of your home.

WHAT IS GUT-DIRECTED HYPNOTHERAPY?

The communication system between your brain and your gut is called the brain-gut axis. If you have IBS, it may mean that your brain and your gut aren't "talking" to one another the way they should.

Gut-directed hypnotherapy can help strengthen the brain-gut connection. The relaxation, focus, and pleasant feelings you experience during gut-directed hypnotherapy can help your brain learn how to filter out the pain and uncomfortable sensations you feel in your gut—and bring your mind and gut back into alignment.²

Many studies show that gut-directed hypnotherapy provided by a trained therapist can help reduce the gut pain caused by IBS.³ Now, with Regulora, you can get gut-directed hypnotherapy digitally through the App Store or Google Play.




HOW REGULORA WORKS

After your doctor prescribes Regulora, all you need to get started is a mobile device, the Regulora app, and a place to relax. Using Regulora is simple:



7 gut-directed hypnotherapy sessions¹



30 minutes per session¹

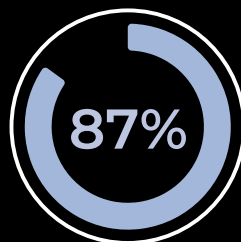


Every other week for 12 weeks¹

Regulora has no serious side effects and can easily be added to your current treatment plan.^{1,*}

*Non-serious side effects may include headache, fatigue, abdominal pain, and constipation.¹

GUT REACTIONS TO REGULORA®



of clinical trial participants would recommend Regulora to someone else with IBS¹

What do Regulora users have to say?



I am SO thankful and have urged several friends struggling with IBS to seek help through Regulora because it has been so helpful to me!"**



The program helped me feel better during an important time at work so I could focus on my job. I loved that I could do my sessions at home."**

**Experiences of individual patients. Results may vary. Reviews are based on those received from the Regulora pilot program, an early version of Regulora with equivalent content.

Talk with your doctor to see if Regulora is right for you



IMPORTANT INFORMATION

Regulora® is a prescription-only digital therapeutic device intended to provide behavioral therapy through gut-directed hypnotherapy for adults 22 years of age and older who have been diagnosed with irritable bowel syndrome (IBS). Regulora is indicated as a 3-month treatment for patients with abdominal pain due to IBS and is intended to be used together with other IBS treatments.

US federal law restricts this mobile application device to sale by or on the order of a physician. Regulora is intended for patients who speak and read English. Regulora may not be appropriate for patients with mental or physical impairment that would prevent interacting with a mobile video application. Regulora may not be appropriate for patients with evidence of intestinal illness that better explains IBS symptoms such as celiac disease or inflammatory bowel disease. Regulora should not be used in lieu of your current IBS medication or therapy. In a clinical trial of Regulora, side effects were low. About 1% of patients experienced abdominal pain, constipation, fatigue, or headache which was thought to be related to using Regulora.

References: **1.** Regulora® Instructions for Use for Patients and Physicians. metaMe Health, Inc.; April 2022. **2.** The Rome Foundation. Brain-Gut Psychotherapy Referral Guide. Accessed July 28, 2022. https://theromefoundation.org/wp-content/uploads/Rome-Foundation_GastroPsych-referral-project.pdf **3.** Miller V, Carruthers HR, Morris J, Hasan SS, Archbold S, Whorwell PJ. Hypnotherapy for irritable bowel syndrome: an audit of one thousand adult patients. *Aliment Pharmacol Ther.* 2015;41(9):844-855.