Welcome to Libida® from Inner Balance. Here is how to use it and what to expect.

What Libida® Is

A dual-pathway libido tablet containing:

- **Bremelanotide**, which supports desire, motivation, and sexual thoughts.
- **Oxytocin**, the connection peptide that supports bonding, emotional openness, and relaxation.

Together they address both sides of women's sexual experience: the spark (dopamine and melanocortin pathways) and the softness.

LIBIDA® IS

Non-hormonal · Fast-acting · Sublingual, no injection needed

Compounded in a US licensed 503a pharmacy. Works with or without a hormone regimen.

How to Take Libida®

Form	Sublingual (under-the-tongue) tablet
Each tablet	20 IU Oxytocin · 1 mg Bremelanotide
How	Place the tablet under your tongue and let it fully dissolve. Do not chew or swallow whole.

TWO WAYS TO USE LIBIDA®, PICK WHAT FITS YOUR LIFE

On-Demand	Always Ready
Best if you like to plan ahead or only need it now and then.	Best if you'd rather not think about timing at all.
Take **1 tablet 30 to 60 minutes** before intimacy.	Take **1 tablet every 3 days (every 72 hours)** for optimal response.

You're in control. Choose whichever feels most comfortable to you.

Potential outcomes may begin in **30 to 60 minutes**, and duration may vary up to about **72 hours**.

IMPORTANT DOSING LIMIT

Do not exceed more than **one dose in 72 hours**.

Storage: Room temperature.

Not getting the response you expected? Reach out to our care team. We're here to help.

What You May Feel

Women may notice a shift with their very first dose. Women may report:

FROM BREMELANOTIDE

- ✔ Support for sexual thoughts and fantasies
- ✔ Desire and motivation
- ✔ Natural arousal and responsiveness
- ✔ Potential for improved satisfaction
- ✔ A sense of "my spark came back"

FROM OXYTOCIN

- ✔ Emotional openness
- ✔ Feeling connected with a partner
- ✔ Helps promote relaxation into intimacy
- ✔ A warmer, bonded experience

Possible Side Effects

Most are mild and temporary, and often ease after the first one to two uses.

- Nausea (most common)
- Flushing or warmth
- Mild headache
- Temporary rise in blood pressure
- Mild hyperpigmentation of gums, breasts, or face (rare, about 1%, and tied to using more than one dose in 72 hours)

Do NOT Use Libida® If:

- You have uncontrolled high blood pressure
- You have certain cardiovascular conditions such as angina, coronary artery disease, congestive heart failure, or arrhythmias. Please consult with an Inner Balance clinician.
- You are pregnant or breastfeeding

Need Help? You're Never On Your Own.

Your Libida® prescription includes unlimited access to the Inner Balance clinical and care team.

→ Log into your Inner Balance account

→ Use the Inner Balance App for secure messaging

Ask us about timing, dosing, possible side effects, and what to expect.

Women deserve clinically informed, stigma-free care for sexual wellness, without shame or guesswork. We're honored to support you on your journey back to desire and connection.

Compounded medications are specially prepared for identified individual patient needs based on a valid prescription from a prescribing healthcare practitioner and, as such, are not reviewed or approved by the U.S. Food and Drug Administration (FDA) for safety or efficacy. Compounded drugs are intended for patients whose prescriber has determined their medical needs are not met by an available FDA-approved drug. These statements have not been evaluated by the FDA. Prescribers should use their independent clinical judgment when determining appropriateness for individual patients.