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**RealSupport**  
REAL INFORMATION FROM REAL PATIENTS  
Only from Sandostatin® LAR Depot  
(octreotide acetate) for injectable suspension  
10mg • 20mg • 30mg

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*This recipe was created by our RealSupport™ 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.*

# ROASTED CARROT SOUP

 Prep time: 10 minutes

 Cook time: 60 minutes

 Ready in: 70 minutes

## Ingredients

- 2 pounds carrots
- 3 tablespoons olive oil, divided
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- 4 cups vegetable broth
- 2 cups water
- 1 tablespoon unsalted butter substitute (optional)
- 1 teaspoon lemon zest
- Freshly ground black pepper, to taste
- Fresh parsley, chopped, for serving

## Steps

1. Preheat oven to 400°F. Line rimmed baking sheet with parchment paper. Peel carrots and cut into ½-inch thick coins.
2. Toss carrots with 2 tablespoons olive oil and ½ teaspoon salt on prepared baking sheet. Spread into an even layer and bake 35 to 40 minutes, until tender, flipping halfway through.
3. After 30 minutes of the carrots roasting, heat remaining oil in large pot over medium heat. Add onions and cook until translucent, about 7 minutes, stirring occasionally. Add remaining salt, garlic, and cumin and cook for an additional minute. Stir in broth and water.
4. Once carrots are tender, carefully add to pot. Bring to boil, then reduce heat to medium-low to maintain simmer, stirring occasionally, for 15 minutes.
5. Carefully blend soup in batches in blender until smooth. Return to pot and stir in butter substitute (if using), lemon zest, and season with additional salt and pepper, to taste. Serve topped with fresh parsley and additional pepper.

\*Includes Sandostatin® (octreotide acetate) Immediate-Release Injection and Sandostatin® 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)

