Cookin' with Cholbie

Tips & Recipes



This guide was created to help you understand how to take CHOLBAM (cholic acid) as part of your daily routine. Inside you'll find practical recipes, meal ideas, and nutritional tips to support your journey.

Your CHOLBAM companion

INDICATION
What is CHOLBAM® (cholic acid) capsules?

CHOLBAM is a prescription medicine. It is a bile acid used for

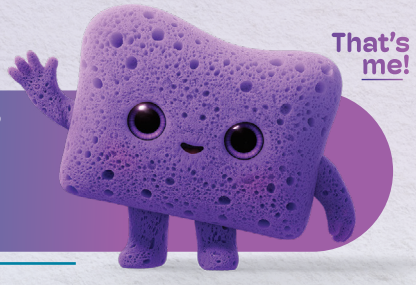
- Treatment of bile acid synthesis disorders (malfunction in the production of bile acid in the liver) due to a lack of a single enzyme responsible for bile acid production.
- Treatment (in addition to other treatments) of peroxisomal disorders (a loss of function in important parts of the cell), including Zellweger spectrum disorders, in patients who show signs or symptoms of liver disease, pale stools due to too much fat, or problems resulting from not absorbing certain vitamins (A, D, E, K).

The safety and effectiveness of CHOLBAM on symptoms outside of the liver have not been studied.

Please see full Prescribing Information for additional Important Safety Information.

Cholbam®
(cholic acid) capsules

Welcome to Cookin' with Cholbie!



Why cholesterol matters and how CHOLBAM helps in SLOS

People with Smith-Lemli-Opitz Syndrome (SLOS) have a hard time making their own cholesterol, and getting cholesterol from food is very important for your brain, your growth, and how your body works overall. Cholic acid is needed to digest and absorb cholesterol and other fats, as well as vitamins and nutrients from the food you eat. CHOLBAM is a prescription medicine that may help increase cholic acid in people with SLOS and other rare bile acid synthesis disorders.*

Consistency is important

Taking your CHOLBAM every single day by mouth with food, exactly as your doctor prescribed it, helps your body absorb cholesterol and nutrients from the food you eat. But here's the thing—CHOLBAM is a long-term therapy, so you might not feel a huge difference right away. That's normal. Stick with it. Your body is working behind the scenes, and that consistency is what matters most.

REMEMBER:

- Take CHOLBAM with food, and at least 1 hour before or 4 to 6 hours after bile acid binders or aluminum antacids
- **Do not** crush or chew the capsules
- If unable to swallow the capsules, open the capsules and mix the contents with infant formula or expressed breast milk (for younger children), or soft food such as mashed potatoes or apple puree (for older children and adults) in order to mask any unpleasant taste. Stir for 30 seconds

*In a 2-month pilot study, 9 of 12 patients showed an increasing trend in weight gain from baseline but the trend did not reach statistical significance. Improvements in height have also been reported.

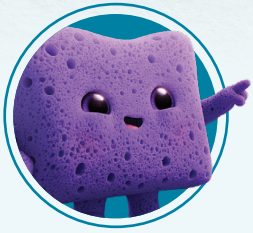
IMPORTANT SAFETY INFORMATION

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- If you are breastfeeding or plan to breastfeed.

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Cholbie says: Take your time!

Don't worry if you don't understand every word—there's a glossary in the back of this guide.

Talk to your doctor if you have any questions.

Note: Granules will not dissolve. DO NOT sprinkle on top of food; thoroughly mix capsule contents with a small amount of food.

- **Take CHOLBAM immediately after mixing**
- CHOLBAM should never be cooked or frozen, so make sure it's added to cold dishes or already cooked meals
- Do not stop or adjust your CHOLBAM dose without talking with your doctor

No evaluable patients with SLOS were in the pivotal studies.

IMPORTANT SAFETY INFORMATION (cont'd)

What are the possible side effects of CHOLBAM?

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Mealtime Tips



Timing CHOLBAM with meals

Your doctor will tell you whether CHOLBAM works better once a day or split into 2 doses. If it's once daily, pick breakfast or lunch—whatever works for your routine. If it's twice daily, try splitting it between meals, like breakfast and dinner.

Cholbie's Tip:



Do

Do mix CHOLBAM with soft foods.
If you have trouble taking or swallowing pills whole and want to open the capsules to mix with food, try mixing it into 1 to 2 tablespoons of applesauce, pudding, or yogurt.

My favorites include chocolate milk, mashed bananas, smoothies, jam, honey, creamy soups, or baby food. Everyone's taste buds are different, so keep experimenting until you find what works for you.

Don't

Don't mix CHOLBAM into your favorite meal!

If something tastes off, you don't want to lose a trusted meal. Work with your dietitian to find the best mixing strategy that protects your favorite foods.

IMPORTANT SAFETY INFORMATION (cont'd)

What are the possible side effects of CHOLBAM? (cont'd)

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Weight matters

Keep your doctor updated about weight changes, as they may need to adjust the dose.



As always, if you have any questions, talk with your doctor

Side effects reported in patients taking CHOLBAM:

- The most common side effect experienced in clinical trials was diarrhea (about 2% of patients)
- Other common side effects occurred in 1% of patients, including reflux esophagitis, malaise, jaundice, skin lesion, nausea, abdominal pain, intestinal polyp, urinary tract infection, and peripheral neuropathy

IMPORTANT SAFETY INFORMATION (cont'd)

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Meal Plans By Age & Feeding Method

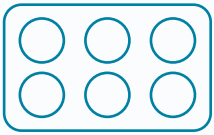


Cholbie says: Play with your food!
Trying new foods doesn't have to feel like pressure—sometimes the best discoveries happen when eating becomes an adventure!

Infants (6-12 months)

Work with your pediatrician on introducing cholesterol-rich foods. Start with one new food every 3 to 5 days. Mix CHOLBAM into expressed breast milk or formula before feeding or **try single-ingredient purees:**

- Egg yolk
- Avocado
- Sweet potato with butter
- Well-cooked fish



The Muffin Tin Game

Load up a muffin tin with foods you know and love, then add a few new ones to explore. It's like a taste adventure where you're completely in charge.

Toddlers (12-24 months)

Continue introducing a variety of cholesterol-rich foods at each meal. Mix CHOLBAM into reliable, consistent foods that your toddler eats regularly—not necessarily their favorites or treats. Consistency in both the food AND the routine helps both parents and toddlers adjust.

Soft foods to try:

- Scrambled eggs
- Cheese
- Ground chicken or beef
- Fatty fish
- Soft pasta with butter or oil

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Preschool/early school age (3-6 years)

Build meals around cholesterol-rich foods and expand textures as tolerated. Mix CHOLBAM into 1 to 2 tablespoons of a soft side dish like mashed potatoes or prepared food, so it's not the main focus. **Cholesterol-rich options to try:**

- Eggs for breakfast
- Cheese snacks
- Chicken thighs for lunch
- Fatty fish 2 to 3 times weekly

Colorful Checklist

Challenge yourself to eat foods across the rainbow—keeping track of how many different colors you can try is a fun way to discover new favorites while getting varied nutrients.



Name That Food

Pick creative names for foods to make them feel more interesting—maybe "salmon strips" sounds better than "fish," or "creamy green gold" makes avocado more appealing than just calling it by its regular name.

Keep scrolling for some recipes you can try!

As always, if you have any questions, talk to your doctor.

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Meal Plans By Age & Feeding Method



Adolescents & adults

Over time, nutrition needs and eating preferences will likely change. You'll have more ideas about what you like to eat and be better at telling others what sounds good. Some people with SLOS can start eating more foods by mouth, while others continue using feeding tubes long term. Many do really well with a mix of both! **The most important thing is staying consistent with your CHOLBAM treatment—exactly as your doctor prescribed—while being flexible about which foods work best for you and your lifestyle.** See the list of high-cholesterol foods on the next page, and talk to your doctor and Registered Dietitian to see what might be right for you.



Feeding tube nutrition

Many families successfully use blended whole foods via feeding tube.
Mix CHOLBAM into one meal daily or as directed by your prescribing physician.

Blended food combinations to try:

- Eggs, oatmeal, whole milk, avocado oil
- Chicken, sweet potato, olive oil
- Salmon, green beans, butter
- Turkey, peas, cheese, avocado oil
- Beef, carrots, full-fat Greek yogurt
- Formula with added coconut oil

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High-Cholesterol Cheat Sheet



Eggs & Egg Products	Whole eggs, egg yolks (highest cholesterol), scrambled eggs, omelets, hard-boiled eggs, egg muffins. **Swap:** Choose whole eggs instead of egg whites.
Dairy & Cheese	Full-fat milk, whole milk, or heavy cream; cheese such as cheddar, mozzarella, or American; butter; full-fat yogurt; whole-milk ice cream. **Swap:** Choose full-fat varieties instead of low-fat cheese; use whole milk or cream instead of low-fat milk.
Meats & Poultry	Chicken thighs and wings (more cholesterol than breast), beef, ground beef, lamb, pork, organ meats (like liver or heart). **Swap:** Serve chicken thighs and wings instead of lean breast meat.
Fish & Seafood	Salmon, mackerel, sardines, shrimp, canned tuna in oil, cod.
Fats & Oils	Dairy or plant-based butters, olive oil, avocado oil, coconut oil, peanut butter, avocado. **Swap:** Use butter or oil-based dressings instead of oil-free options; add avocado to meals for healthy fat and cholesterol.



Cholbie says—Look at the labels

When shopping, look for the words "'full fat," "whole milk," or "with skin" on labels. These are your clues that you're picking foods with serious cholesterol power!

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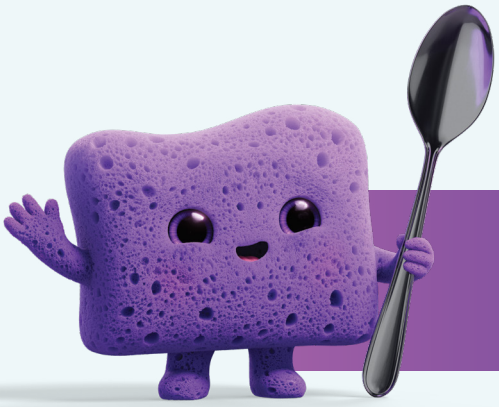
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Cholbie's Kitchen

These recipes are designed to make eating well delicious and doable, so check with your health care team about which ones fit your nutrition plan and let's get cookin'!

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Breakfast



Full-Fat Yogurt With Egg Yolk Swirl

Serves 1 person

Ready in 5 minutes

Cholbie's Tip: Yogurt and egg yolk together give your body protein and cholesterol—two things that help you grow strong. Plain yogurt is best because you can control what goes into it.

Ingredients: 1/2 cup full-fat Greek yogurt
1 softly cooked egg yolk
1 teaspoon honey
1/4 teaspoon vanilla extract

Directions: Mix a teaspoon of honey and a quarter teaspoon of vanilla extract into half a cup of full-fat Greek yogurt. Gently swirl in a softly cooked egg yolk, leaving those pretty yellow streaks showing. Serve it at room temperature or slightly chilled, depending on what feels good.

Nutrition Per Serving: Approximately 229 calories, 220 mg cholesterol, 10 g fat, 12 g protein



Cholbie says—Yogurt is good for your digestion!
You can hide the egg yolk or show it off. Either way, it's delicious and helps your body get what it needs!

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Cheesy Egg Muffins

Makes 12 muffins

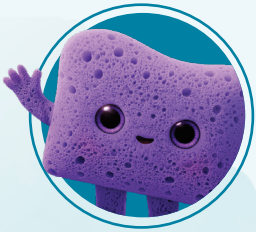
Ready in 35 minutes

Cholbie's Tip: Make a batch on Sunday and you'll have grab-and-go breakfast all week.

Ingredients: 8 eggs
1/2 cup milk
1 cup shredded cheddar cheese
1/2 cup diced ham or bacon
1/4 cup diced bell peppers
Salt and pepper to taste
Cooking spray

Directions: Preheat oven to 350 °F. Spray a muffin tin with cooking spray. In a bowl, whisk together the 8 eggs and half a cup of milk. Stir in cheddar cheese, ham or bacon, bell peppers, salt, and pepper. Pour mixture evenly into muffin cups (about 3/4 full). Bake for 20 to 25 minutes until centers are set and tops are lightly golden. Cool for 5 minutes before removing from tin. Store in the refrigerator for up to 5 days.

Nutrition Per Muffin: Approximately 99 calories, 137 mg cholesterol, 7.2 g fat, 7.6 g protein



Cholbie says—Hello, cholesterol!
These muffins are loaded with eggs and cheese, so they're great for supporting your dietary needs.

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Lunch/Dinner



Buttered Noodles With Cheese and Soft Egg Pieces

Serves 2-3 people

Ready in 15 minutes

Cholbie's Tip: This tastes like comfort food! If you like to see the different parts of your meal, you can pick out the noodles, cheese, and egg. Butter and cheese pack the cholesterol you need. Make a big batch and save leftovers for busy days!

Ingredients: 4 ounces cooked pasta (any shape)
2 tablespoons butter
1/2 cup shredded cheddar cheese
1 softly cooked egg (chopped into bite-sized pieces)
Pinch of salt and pepper to taste

Directions: Cook your pasta until it's nice and soft. Drain it and put it back in the pot. Add 2 tablespoons of butter and stir until it melts. Take it off the heat, add half a cup of shredded cheddar cheese, and stir until melted and creamy. Gently fold in one softly cooked egg that you've chopped into bite-sized pieces. Season with a pinch of salt and pepper. Serve warm.

Nutrition Per Serving: Approximately 555 calories, 280 mg cholesterol, 14 g fat, 11 g protein

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Mini Cheesy Ground Beef Meatballs With Butter

Serves 3 people

Ready in 20 minutes

Cholbie's Tip: Keep your hands cool and work gently when forming the meatballs. They'll stay tender and won't fall apart during cooking.

Ingredients: 6 ounces ground beef
1/2 cup grated cheddar cheese
4 tablespoons soft breadcrumbs
2 egg yolks
2 tablespoons butter (for cooking)
Pinch of salt and pepper

Directions: Mix together 6 ounces of ground beef, a half cup of grated cheddar cheese, 4 tablespoons of soft breadcrumbs, and 2 egg yolks until just combined. Form into small meatball-sized pieces (about an inch each). Heat 2 tablespoons of butter in a skillet over medium heat. Cook the meatballs for 6 to 8 minutes, turning occasionally, until they're cooked through. Let the cooked meatballs cool slightly.

Nutrition Per Serving: Approximately 410 calories, 150 mg cholesterol, 32 g fat, 27 g protein

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Lunch/Dinner



Creamy Garlic Shrimp With Avocado Oil

Serves 2 people

Ready in 10 minutes

Cholbie's Tip: Don't overcook the shrimp—if it's already cooked, just warm it through gently so it stays tender and doesn't get tough.

Ingredients: 3 ounces cooked shrimp (peeled and deveined)
1 tablespoon avocado oil
2 cloves garlic, minced
1/4 cup heavy cream
Pinch of salt and pepper
Optional fresh herbs

Directions: Heat a tablespoon of avocado oil and gently sauté 2 minced garlic cloves for about a minute, until it smells mouthwatering. Add 3 ounces of cooked shrimp (peeled and deveined) and warm it through (about 5 minutes). Pour in a quarter cup of heavy cream and stir until everything's combined and creamy. Season with salt and pepper (and fresh herbs if you like). For younger kids or to use with a feeding tube, puree or mash it to your preferred consistency.

Nutrition Per Serving: Approximately 370 calories, 190 mg cholesterol, 11 g fat, 14 g protein, also high in omega-3 fatty acids



Cholbie says—Doesn't overwhelm the senses!
Shrimp has a gentle flavor and the creamy sauce makes it taste really good.

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Lunch/Dinner



Creamy Cheesy Vegetable Soup

Serves 6 people

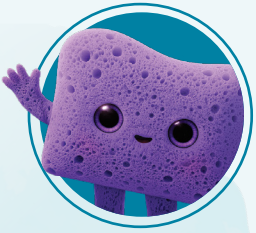
Ready in 30 minutes

Cholbie's Tip: This warm, comforting soup is very versatile—add whatever veggies your family loves!

Ingredients:
- 2 tablespoons butter
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 2 cups diced carrots and celery
- 1 cup frozen peas
- 1 cup diced potatoes
- 2 cups shredded cheddar cheese
- 1/2 cup heavy cream or whole milk
- Salt and pepper to taste
- Optional fresh herbs

Directions: Melt butter in a large pot over medium heat. Sauté onion and garlic until softened, about 3 to 4 minutes. Add broth, carrots, celery, peas, and potatoes. Bring to a boil, then reduce heat and simmer 15 to 20 minutes until vegetables are tender. Remove from heat and stir in cheese until melted. Stir in cream or milk. Season with salt, pepper, and herbs. Serve warm.

Nutrition Per Serving: Approximately 330 calories, 180 mg cholesterol, 24 g fat, 14 g protein



Cholbie says—No-fuss nutrition!

The cheese and cream in this soup can provide wonderful cholesterol and fat to support your diet.

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Full-Fat Cheese and Avocado Bites

Serves 1-2 people

Ready in 5 minutes

Cholbie's Tip: Prepare these ahead and keep them in the fridge for quick grab-and-go snacking throughout the day.

Ingredients: 2 ounces full-fat cheese (cheddar or mozzarella)
1/4 avocado
1 small whole-grain cracker or soft bread piece
Pinch of salt

Directions: Slice 2 ounces of full-fat cheese (cheddar or mozzarella) into bite-sized cubes. Cut a quarter avocado into small cubes. Serve them together on or alongside a small whole-grain cracker or soft bread piece—or layer them for fun finger-food snacking. Add a pinch of salt if you like a little extra seasoning.

Nutrition Per Serving: Approximately 322 calories, 220 mg cholesterol, 11 g fat, 6 g protein

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Chocolate Peanut Butter Pudding

Serves 2 people

Ready in 35 minutes

Cholbie's Tip: Add CHOLBAM to 1 to 2 tablespoons of the patient's serving after it has chilled—just stir it in gently right before serving.

Ingredients: 1/2 cup creamy peanut butter
1/4 cup cocoa powder
1/4 cup honey or maple syrup
1/2 cup whole milk
1/2 cup heavy cream
Optional whipped cream or chocolate chips

Directions: In a blender, combine peanut butter, cocoa powder, honey or maple syrup, whole milk, and heavy cream. Blend until smooth and creamy. Pour into serving bowls. Chill for at least 30 minutes before serving. Top with whipped cream or chocolate chips if desired.

Nutrition Per Serving: Approximately 560 calories, 95 mg cholesterol, 56 g fat, 17 g protein



Cholbie says—Dessert time!
Peanut butter and dairy provide cholesterol and healthy fats.

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Absorbing Confusing Words With Cholbie



Nutrition is a type of science, so it can use a lot of complicated words. Here's a list of some of the trickier words in this guide and what they mean.

Absorption: How your body takes in nutrients from food and medication. Better absorption means your body gets more nutrients!

Blended diet: Whole foods (like chicken, vegetables, and milk) that are mixed in a blender to make a smooth consistency that can go through a feeding tube.

Cholesterol: A type of fat that your body needs for brain development, cell growth, and overall health. People with SLOS need to get cholesterol from food and/or supplements since their bodies don't make enough naturally.

Consistency: Sticking to your routine! Taking CHOLBAM at the same times each day, the same way, helps your body get the fats and nutrients it needs.

Divided doses: When your total medication is split into two smaller amounts taken at different times (like one in the morning and one at night).

Expressed breast milk: Breast milk that has been pumped out and collected so it can be stored and used later.

Fat-soluble vitamins: Vitamins (like vitamins A, D, E, and K) that need fat to be absorbed by your body. This is why eating foods with healthy fats is so important!

Feeding tube: A small tube that goes directly into the stomach to help people get nutrition when eating by mouth is difficult. It's a helpful tool that lets families give food and medication in a blended form.

Purees: Soft, smooth food made by blending or mashing ingredients until they're super smooth. Perfect for little ones who are just starting to eat solid foods.

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From Cholbie to You

We've explored a lot of ground together—recipes, routines, and tips about living with SLOS and CHOLBAM. It's not always easy, but every step you take matters.

The most important thing to remember: Consistency is key. You're not doing this alone. Your health care team and everyone who supports you in this journey are all in your corner.

Thank you for your commitment.
Cholbie, your CHOLBAM companion



P.S. Have a favorite way to take CHOLBAM?
Share your recipe or tip with your health care team—they'd love to hear about what works for your family!

> Want to learn more about Smith-Lemli-Opitz Syndrome (SLOS) and CHOLBAM?
> **Visit us at Cholbam.com/SLOS**

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These are not all the possible side effects of CHOLBAM. Tell your doctor if you have any side effect that bothers you or that does not go away.

You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.
You may also report side effects to Mirum Pharmaceuticals at 1-855-MRM-4YOU.

mirum | Cholbam® (cholic acid) capsules

Please see full Prescribing Information for additional Important Safety Information.

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