How Will My Privacy Be Protected?

All personal and medical information will be kept strictly confidential.

Information about your health while you're enrolled in HERCULES will be kept anonymous and no identifying information will be used.

For further information about how your privacy will be protected, please see the study-related Informed Consent Form (ICF).

What Is an Informed Consent Form (ICF)?

The Informed Consent Form (ICF) describes the HERCULES study and any potential risks or benefits of taking part. The study team will answer any questions you may have. By signing the ICF, you're agreeing to take part in the study.

If you have questions about the study, please talk to the Study Doctor.

_____

HERCULES Doctor's Name:

_____

Study Coordinator's Name:

_____

Office Phone Number:

Scan this code using a QR reader on your smartphone to visit **www.MyotonicDystrophyStudy.com** for more information and to see if you qualify.

V2.0/30Apr2026

HERCULES Study

For people with myotonic dystrophy type 1 or type 2 (DM1 or DM2, respectively)

HERCULES

Patient Information Flyer

What is HERCULES?

HERCULES is a clinical study evaluating the safety and effectiveness profile of an investigational medicine, called mexiletine prolonged release (PR), in alleviating muscle stiffness and delayed relaxation (myotonia). This treatment aims to support daily activities and quality of life in people diagnosed with myotonic dystrophy type 1 or type 2 (DM1 or DM2, respectively).

The study will include a total of 96 patients at several hospitals ("study sites") across several different countries in Europe (including the United Kingdom). Learn more at: https://myotonicdystrophystudy.com.

About Myotonic Dystrophy

Myotonic dystrophy (Dystrophic Myotonia, or DM) is an inherited neuromuscular disease that causes progressive muscle weakness, muscle wasting, muscle stiffness and delayed relaxation (myotonia). Currently, there is no cure or genetic treatments for myotonic disorders. Mexiletine (NaMuscla®) is already approved (as a capsule) in several European countries for easing the symptoms of myotonia in adults with non-dystrophic myotonic disorders (NDM). It has a well-established safety and effectiveness profile.

While mexiletine is approved to treat NDM, there is still limited information about its safety and effectiveness in people living with DM1 and DM2.

HERCULES will evaluate how mexiletine PR impacts quality of life in DM1 and DM2 patients with myotonia.

Who Can Join?

You may be able to join the HERCULES study if you:

- are aged 16 years or older*,
- have a genetically confirmed diagnosis of DM1 or DM2,
- weigh 45 kg or more,
- can walk independently for 10 metres (with a cane, walker or orthoses, if needed),
- are not pregnant.

**below 18 years, an approval from a responsible adult is needed.*

What Will My Participation Involve?

If you qualify and agree to take part in the HERCULES study, you'll be randomly chosen to receive either the investigational medicine (mexiletine PR) or a placebo (a treatment with no active ingredient). You have an equal chance of receiving either mexiletine PR or placebo. HERCULES is a blinded study, meaning neither you nor your study doctor will know which treatment you're receiving. Participants will take either mexiletine PR or placebo for six months orally (by mouth). Your health and safety will be closely monitored throughout the study. You'll be asked to attend six in-person appointments and have two phone calls with the study team.

During study visits, the study team will:

- Ask about your health and how you've been feeling
- Conduct study-related examinations
- Test your blood and urine
- Ask you to complete questionnaires on your symptoms
- Provide you with study medication and instruct you how to take and track your study medication use

After you've completed the HERCULES study, you'll have the option to join the follow-up ATLAS study. Your study doctor will tell you about this if you're interested.

Why Should I Participate?

Qualified patients will receive study-related examinations and medication at no cost. Taking part is completely voluntary. You're free to leave the study at any time, without giving any reason, and without your medical care or legal rights being affected. You can discuss regular medical care with the study doctor.

While we don't know the outcomes of the study, there may be potential improvement to your health. Mexiletine has been used as an anti-myotonic treatment for several decades and it is considered for treatment of myotonia.

By taking part, you'll also be contributing to the advancement of medical knowledge and potentially helping to improve treatments for yourself and others in the future.

HERCULES will provide information on the safety and effectiveness of mexiletine's PR formulation in people with DM1 and DM2.

After completion of the HERCULES study, participants may enter the follow-up study ATLAS. ATLAS is an open-label study in which participants will receive mexiletine in a prolonged-release formulation.

Prof. Andreas Hahn, Professor of Paediatrics Department of Child Neurology, UKGM University Hospital Giessen, Germany: "By joining the HERCULES study, you are helping to advance research that could lead to better treatment options for people living with myotonic dystrophy. Your participation may make a meaningful difference in understanding this condition and supporting future therapies for the DM community."

Support for Travel Arrangements

For most of the participating study sites, there is a concierge service available to help you with travel arrangements to and from the hospital for study visits, if needed.