The Claims defining the invention are as follows:

1. A sustained release tablet, comprising:

(i) {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile, or a pharmaceutically acceptable salt thereof;

(ii) a first hypromellose characterized by having an apparent viscosity at a concentration of 2% in water of 80 cP to 120 cP;

(iii) a second hypromellose, characterized by having an apparent viscosity at a concentration of 2% in water of 3000 cP to 5600 cP,

wherein the tablet comprises 8% to 20% of the first and second hypromelloses;

(iv) 16% to 22% by weight of microcrystalline cellulose; and

(v) 45% to 55% by weight of lactose monohydrate;

wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 9 to 40.

2. The sustained release tablet of claim 1, wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 15 to 30.

3. The sustained release tablet of claim 1, wherein oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 10 to 70.

4. The sustained release tablet of claim 1, wherein oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 15 to 50.

5. The sustained release tablet of claim 1, wherein oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 25 to 45.

6. A sustained release tablet, comprising {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile, or a pharmaceutically acceptable salt thereof; and at least one sustained release matrix former, wherein:

(a) oral administration of one or more of the sustained release tablets to a fasted individual provides a mean peak plasma concentration (C_{max}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 0.191 µM ± 0.10 µM; or

(b) oral administration of one or more of the sustained release tablets to a fasted individual provides a mean time to peak plasma concentration (T_{max}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 0.5 hours to 3 hours; or

(c) oral administration of one or more of the sustained release tablets to a fasted individual provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 1 hour to 20 hours; or

(d) oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-

(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 1 hour to 7 hours; or

(e) any combination of (a)-(d).

7. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 2 hour to 5 hours.

8. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 4.9 h ± 2.6 h.

9. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a mean peak plasma concentration (C_{max}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 0.191 μM ± 0.10 μM.

10. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a mean time to peak plasma concentration (T_{max}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 0.5 hours to 3 hours.

11. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to a fasted individual provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-

pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 1 hour to 20 hours.

12. The sustained release tablet of claim 6, wherein oral administration of one or more of the sustained release tablets to an individual after a high-fat meal provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 1 hour to 7 hours.

13. The sustained release tablet of claim 1, wherein the tablet comprises 10% to 15% of the first and second hypromelloses.

14. The sustained release tablet of claim 6, wherein the at least one sustained release matrix former is a first hypromellose and a second hypromellose, and wherein the tablet comprises 10% to 15% of the first and second hypromelloses.

15. The sustained release tablet of claim 1, wherein said salt is {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile adipic acid salt.

16. The sustained release tablet of claim 6, wherein said salt is {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile adipic acid salt.

17. A sustained release tablet, comprising:

(i) {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile, or a pharmaceutically acceptable salt thereof;

(ii) a first hypromellose characterized by having an apparent viscosity at a concentration of 2% in water of 80 cP to 120 cP;

(iii) a second hypromellose, characterized by having an apparent viscosity at a concentration of 2% in water of 3000 cP to 5600 cP,

wherein the tablet comprises 10% to 15% of the first and second hypromelloses;

(iv) 16% to 22% by weight of microcrystalline cellulose; and

(v) 45% to 55% by weight of lactose monohydrate;

wherein:

(a) oral administration of one or more of the sustained release tablets to a fasted individual provides a ratio of mean peak plasma concentration (C_{max}) to mean 12-hour plasma concentration (C_{12h}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 15 to 30; or

(b) oral administration of one or more of the sustained release tablets to a fasted individual provides a mean time to peak plasma concentration (T_{max}) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 0.5 hours to 3 hours; or

(c) oral administration of one or more of the sustained release tablets to a fasted individual provides a mean half-life ($t_{1/2}$) of {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile of 1 hour to 20 hours; or

(d) any combination of (a), (b), and (c).

18. The sustained release tablet of claim 17, wherein said salt is {1-{1-[3-fluoro-2-(trifluoromethyl)isonicotinoyl]piperidin-4-yl}-3-[4-(7H-pyrrolo[2,3-d]pyrimidin-4-yl)-1H-pyrazol-1-yl]azetidin-3-yl}acetonitrile adipic acid salt.