

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4 mg nicotine)Stop smoking aid

Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings
If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

Ask a doctor before use if you have
• a sodium-restricted diet
• heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
• high blood pressure not controlled with medication. Nicotine can increase blood pressure.
• stomach ulcer or diabetes
• history of seizures

Ask a doctor or pharmacist before use if you are
• using a non-nicotine stop smoking drug
• taking a prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if
• mouth, teeth or jaw problems occur
• irregular heartbeat or palpitations occur
• you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
• you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Pieces of nicotine gum may have enough nicotine to make children and pets sick. Wrap used pieces of gum in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions
• if you are under 18 years of age, ask a doctor before use
• before using this product, read the enclosed User's Guide for complete directions and other important information
• begin using the gum on your quit day
• if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine gum
• if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine gum according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours	1 piece every 4 to 8 hours

• nicotine gum is a medicine and must be used a certain way to get the best results
• chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
• repeat this process until most of the tingle is gone (about 30 minutes)
• do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
• to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
• if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
• do not use more than 24 pieces a day
• it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider. ▶

Includes Quit Support Program

NICORETTE
nicotine polacrilex gum, 4 mg | stop smoking aid



White Ice Mint
Gum

160 PIECES, 4 mg EACH

Drug Facts (continued)

Other information
• each piece contains: calcium 94 mg, sodium 13 mg
• store at 20 - 25°C (68 - 77°F)
• protect from light

Inactive ingredients
acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
3. **Use Long Enough** — Use Nicorette gum for the full 12 weeks.
4. **Use with a support program** as directed in the enclosed User's Guide.



To remove the gum, tear off single unit



Peel off backing, starting at corner with loose edge.



Push gum through foil.

160 PIECES, 4 mg EACH

NDC 0135-0475-05

VALUE PACK

HALEON

NICORETTE
nicotine polacrilex gum, 4 mg
stop smoking aid
Gum

4mg

FOR THOSE WHO
SMOKE THEIR
FIRST CIGARETTE
WITHIN 30 MINUTES
OF WAKING UP.

If you smoke your
first cigarette
MORE THAN 30 MINUTES
after waking up, use
Nicorette 2 mg Gum.

COATED FOR
BOLD FLAVOR

160 PIECES, 4 mg EACH



ACTUAL SIZE

White Ice
Mint

NICORETTE
nicotine polacrilex gum, 4 mg | stop smoking aid

White Ice Mint Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Warren, NJ 07059
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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.



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NICORETTE
nicotine polacrilex gum, 4 mg | stop smoking aid
White Ice Mint Gum