Read all the following instructions before using **Nicorette** lozenges correctly.

IMPORTANT: Don't worry or give up if you do not like the taste of the lozenge at first. Nicorette lozenges are a medication, not a candy. Most people get used to the taste after a day or two. Remember, staying with the plan will help you quit. Begin using Nicorette Lozenges on your quit date.

1) Remove the **Nicorette** Lozenge from the immediate container. Place the lozenge in your mouth and allow it to dissolve slowly. Do not chew or swallow whole. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a mild tingling sensation. Occasionally move the lozenge from one side of your mouth to the other side until completely dissolved (about 20 - 30 minutes).

2) Occasionally move the lozenge from one side of your mouth to the other side until completely dissolved (about 20 - 30 minutes). **Remember to read the "USING Nicorette LOZENGES PROPERLY" section before you take your first Nicorette Lozenge.**

STEP 2: (The next three weeks, that is weeks 7-9). At the beginning of week 7 start using fewer Nicorette Lozenges, one every 2-4 hours.
After six weeks, you should wait a little longer between lozenges, one lozenge every 2 to 4 hours. This will help you gradually use fewer **Nicorette** Lozenges. Put the Step 2 reminder on the first day of week 7 to help remind you when to start reducing the number of **Nicorette** Lozenges you take.

STEP 3: (The last three weeks, that is weeks 10-12). At the beginning of week 10, reduce Nicorette Lozenge use even further, one every 4-8 hours.
At the beginning of week 10 further decrease the number of **Nicorette** Lozenges you use each day to reduce the amount of nicotine you get. You should do this by using one lozenge every 4 to 8 hours. Put the Step 3 reminder on the first day of week 10 so you know when you should be starting this last step to becoming smoke and nicotine-free.

END: At the end of week 12 you'll complete Nicorette Lozenge therapy.
Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using **Nicorette** Lozenges.

BE PREPARED.

Since smoking is an addiction, it is hard to quit. Even after you stop, there will be times when you WANT a cigarette, sometimes strongly. (See also section on **"CHALLENGES TO WATCH FOR"**). The best defense is to be prepared. Plan now for handling tough times so you don't give in. Think about situations where you usually get an urge to smoke or where you might experience strong urges to smoke (for example, spending time with smokers or drinking alcohol — try to avoid these situations if those things tempt you to smoke).

Change your habits. For example, take your coffee break somewhere else. Take a walk. In other words, break the association between your usual habits and cigarettes.

If you do encounter a situation where you feel a strong urge to smoke, fight it! Take a break from the situation; keep yourself busy or distracted with other activities. Remind yourself why you want to quit, and above all, remind yourself that having "just one" really will hurt your goal of quitting!

Assemble a "survival package" — items that can keep you distracted in case you get an urge to smoke. For example, cinnamon gum or hard candy, relaxing music, things to keep your hands busy like a smooth stone or paper clips, etc.

Track your quit progress. Use a journal or the MyQuit app on your mobile phone to note if and when you get an urge to smoke. Note how many pieces of **Nicorette** Lozenges you use each day. If you slip and have a cigarette, don't give up. Stop smoking again and get back on your program with **Nicorette** Lozenges.

Establish your support network. Keep friends' and family members' phone numbers handy for the moral support you need. Before quitting, ask friends and family to support and encourage you. Think of specific ways they can help.

Reward yourself. Set aside little gifts to encourage yourself which you can earn by overcoming difficult hurdles.

HOW Nicorette LOZENGES WORK.

Nicorette Lozenges are a form of Nicotine Replacement Therapy. They deliver nicotine to your body, temporarily relieving craving and nicotine withdrawal symptoms when you quit smoking. But unlike cigarettes, **Nicorette** Lozenges deliver a lower, steady level of nicotine to your blood. When used as directed, **Nicorette** Lozenges help you regulate, control, and gradually reduce your body's craving for nicotine.

The good news is that **Nicorette** Lozenges contain no tar or carbon monoxide, and therefore don't present the same medical risks as cigarettes.

However, the lozenges still deliver nicotine, the addictive ingredient in cigarettes. And for some people the nicotine in **Nicorette** Lozenges can occasionally cause mouth or throat irritation, headaches, nausea, hiccups, upset stomach or dizziness.

USING Nicorette LOZENGES PROPERLY.

Remember, **Nicorette Lozenges aren't like ordinary lozenges such as cough drops.** This lozenge is designed to deliver nicotine into your system through the lining of your mouth, not in your stomach like most other medicines. It is important to minimize swallowing the dissolved medicine in these lozenges so that it can be properly absorbed in your mouth.

Do not use more than one lozenge at a time, or many lozenges one after another since this can cause hiccups, heartburn, nausea or other side effects.

FREQUENTLY ASKED QUESTIONS.

1. When I stop smoking and start using Nicorette Lozenges how will I feel?
The key to staying smoke-free is to prepare for and cope with cravings, deal with the situation, even for a few minutes. Most cravings last only a few minutes. Remember that you choose not to smoke anymore. Remember that you can cope with the temptation. Smoking cues.

Alcohol.
Seeing cigarettes or watching other people smoke can trigger temptations that last long.
- Distract yourself. Get your mind off smoking. Think of something else or get busy with something.
- Relax. Don't let stress get to you. Think of pleasant, relaxing things; breathe slowly and regularly. Let the stress drain out of you.
- Exercises.
- Take yourself out of it. Walk you say to yourself matters. So yourself can't have just one; or just command yourself to STOP.

COPING AFTER QUITTING.

The key to staying smoke-free is to prepare for and cope with challenges as they occur. If you find yourself tempted to smoke, do something! Here are some things to consider.
- Escape. Leave the situation, even for a few minutes. Most temptations don't last long.
- Distract yourself. Get your mind off smoking. Think of something else or get busy with something.
- Relax. Don't let stress get to you. Think of pleasant, relaxing things; breathe slowly and regularly. Let the stress drain out of you.
- Exercises.
- Take yourself out of it. Walk you say to yourself matters. So yourself can't have just one; or just command yourself to STOP.

For more information please visit www.nicorette.com

1. Are the first few days difficult?
Yes, you may feel nervous or irritable as you begin difficulty concentrating during the first few days after you quit smoking. Your body needs time to regain balance. Initially, you may have trouble sleeping. Your smoker's cough may get worse before it improves. But don't, it's a positive sign. Coughing helps clean your lungs or the tar residue you get from smoking.

After a couple of weeks. Your confidence and ability to cope with urges to smoke should be getting stronger. But don't be over-confident and think you can smoke just one cigarette. Even now, having even a single puff can lead to a period to smoking.

2. Are Nicorette Lozenges just swapping one type of nicotine addiction for another?
Nicorette Lozenges do contain nicotine, however there is probably less nicotine in your daily dose or lozenges than you are smoking. **Nicorette** Lozenges give you enough nicotine to help you combat the physical withdrawal symptoms so you can cope with the mental side of stopping smoking. Also, since the nicotine from the lozenges goes into your blood stream more slowly, it produces less or the effects of nicotine that people find rewarding. In fact, when used as directed in the 12 week program, **Nicorette** Lozenges gradually wean you of your dependence on both nicotine and cigarettes.

After 12 weeks. You should be able to have cigarettes or people taking **Nicorette** Lozenges are devoid or satisfied. Lozenges do not contain the tar, carbon monoxide, and other toxins present in cigarette smoke.

3. Can Nicorette Lozenges do any harm?
Some people with conditions like heart disease or people taking prescription medicine for asthma or depression should not use this product without talking to their doctor — check the **"IMPORTANT WARNINGS"** on the front of this User's Guide, or call your doctor. Lozenges do not contain the tar, carbon monoxide, and other toxins present in cigarette smoke.

4. Will I put on weight?
In the first couple or months after quitting smoking, some people do put on a few pounds. But think of it this way. Overall, you'll be healthier and look better. You can always tackle any weight you have gotten through the difficult bar of stopping smoking.
- Changing your diet and increasing the amount you exercise once you quit.

5. Does taking Nicorette Lozenges cost more than smoking?
If you normally smoke a pack and a half a day, your total cost of using **Nicorette** Lozenges during the 12 week period is about the same as smoking. But guess what? After you've finished the **Nicorette** Lozenge program all that money you used to spend on cigarettes is now saving. And think of the health issues you'll hopefully be able to avoid.

6. What if I have a cigarette and start smoking?
Don't panic. First, don't think badly of yourself. Throw away your cigarettes and forgive yourself. Then think about what went wrong and get back on track. In fact, people who have already tried to stop smoking are more likely to be successful the next time.

CHALLENGES TO WATCH FOR.

Once you quit smoking, you are likely to experience periodic and sometimes intense, temptations to smoke. Certain situations present special challenges. Some common ones include:

Stress and upset.
When you are feeling stressed or upset, you may think a cigarette will make everything better. It won't. Find other ways to relax and unwind. You may be especially vulnerable when you feel bored or blue.

The blues.
Remember that having a cigarette will just make you feel worse.

Smoking cues.
Seeing cigarettes or watching other people smoke can trigger temptation. Remember that you choose not to smoke anymore.

Alcohol.
Drinking and smoking seem to be together, and alcoholic beverages may weaken your resolve, making drinking dangerous to your quit effort. Avoid drinking early in your quit effort, and try to drink with non-smokers.

Automatic sips.
Sometimes you may find yourself preparing to smoke without even realizing it. Watch out for those moments when your hand seems to "automatically" reach for a cigarette.

- Don't stress out about gaining weight. Delicious non may weaken your efforts to quit smoking. Eat sensibly and exercise daily. Avoid large quantities or water and fruit juices; this can help your chances of staying smoke-free.
- Laugh. Watch a sitcom. Read a comic book. It really helps.

WHAT YOU CAN EXPECT.

REMEMBER: Urges to smoke are temporary. They'll pass, even if you don't smoke.

- unexpected craving or urges for cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- trouble concentrating
- increased appetite and weight gain
- headaches, muscular pain, constipation, fatigue

Nicorette Lozenges are designed to reduce the craving for nicotine provide relief from other withdrawal symptoms such as irritability and nervousness.

The First Few Days, You may feel nervous or irritable as you begin difficulty concentrating during the first few days after you quit smoking. Your body needs time to regain balance. Initially, you may have trouble sleeping. Your smoker's cough may get worse before it improves. But don't, it's a positive sign. Coughing helps clean your lungs or the tar residue you get from smoking.

After a couple of weeks. Your confidence and ability to cope with the physical withdrawal symptoms so you can cope with the mental side of stopping smoking. Also, since the nicotine from the lozenges goes into your blood stream more slowly, it produces less or the effects of nicotine that people find rewarding. In fact, when used as directed in the 12 week program, **Nicorette** Lozenges gradually wean you of your dependence on both nicotine and cigarettes.

By the End of The First Month. You are less likely to have unexpected cravings; can't hear you, keep focused on the ways challenging times. The key is do what you can so these strong seem to come out of the blue. Be prepared for these cravings for cigarettes often. However, these cravings may still happen, even when they do, be on your guard, as they can be powerful. Remember, you can always tackle any weight you have gotten through the difficult bar of stopping smoking.

Beyond The First Month. Your sense of taste and smells better. Their clothes and hair be fresher. Their breath smoking around children and your friends is also healthier for them too.

CUTTING BACK ON YOUR Nicorette LOZENGE USAGE.

The main reason for using **Nicorette** lozenges is to decrease cravings. So, as the above schedule indicates, you should gradually reduce the amount of **Nicorette** Lozenges you take per day. Some people find it easier to reduce by substituting ordinary sources of sugar, arrays, mints, lighters, lozenges they would normally use. As time goes on, you increase the number of times you go a day or even reduce your **Nicorette** Lozenges. **It is important to completely wean yourself off the Nicorette Lozenges.** If you still feel the need to use **Nicorette** lozenges, keep them in a safe place, and try to limit your use to one lozenge after another, since people may need more lozenges to reduce their cravings. **Do not exceed the recommended maximum daily dosage of 20 lozenges per day.** Do not continuously suck one lozenge after another, since this may cause you hiccups, heartburn, nausea or other side effects.

Do not eat or drink 15 minutes before using or while the lozenge is in your mouth.

WHAT IF YOU DO SLIP AND SMOKE?

"What if I relapse?" One cigarette is a slip-up, but it's not the end of quit attempt. Everybody slips a something. The key is this: forgive yourself and so at that one cigarette don't let this slip run your decisions, keep at your quit attempt. So, know your cigarettes and continue your quit attempt, keeping in mind what went wrong and fed to the slip.

If you do go back to smoking, certainly don't throw out your **Nicorette** lozenges. Keep them in the next time you're ready to quit. In fact, research says that even if you are back to smoking regularly the best thing you can do is learn and try again.

6. What if I have a cigarette and start smoking?
Try to understand the reason you had those cigarettes that made you smoke. Forgive yourself and so at that one cigarette. Don't let this slip ruin your quit attempt. So, know your cigarettes and continue your quit attempt, keeping in mind what went wrong and fed to the slip.

If you do go back to smoking, certainly don't throw out your **Nicorette** lozenges. **It is important to completely wean yourself off the Nicorette Lozenges.** If you still feel the need to use **Nicorette** lozenges, keep them in a safe place, and try to limit your use to one lozenge after another, since people may need more lozenges to reduce their cravings. **Do not exceed the recommended maximum daily dosage of 20 lozenges per day.** Do not continuously suck one lozenge after another, since this may cause you hiccups, heartburn, nausea or other side effects.

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MAKE QUITTING EASIER ON YOURSELF.

Soon after your quit date, parties, bars, celebrations, and socializing may all trigger you to smoke. Please remember these tips to help you resist urges and stay smoke-free.

The Day You Quit Smoking.
- Look on your family and friends for support. Let them know what to do or avoid doing to help you quit.
- Throw away all cigarettes, ashtrays, matches, lighters. You don't need them. You don't want them and you want to make it difficult to go back.
- Take a look at the usage instructions and check that you used the program. When you try again make sure you use enough and the right way. That way you'll be best equipped to deal with the unexpected cravings.

Don't forget, quitting isn't easy and it takes practice to do anything. Stopping smoking is no different.

YOU'VE MADE IT.

Once your twelve week quitting program is over, you've taken your last **Nicorette** lozenges. Now you are both cigarette and smoke-free. Get up and give yourself a standing ovation. We mean it. Do you realize that you have just done a really difficult thing?

Now's a good time to think back on the process. Think of all your reasons for quitting smoking. Think of your goals. Think of how they're going to be a reality now.

Think of what lies ahead. Think of how you're going to live with your newly liberated cigarette money. The places you can now go smoke-free. Think of the extra time you may have added to your life and what you can do with it. Although you may still experience the occasional temptation, our cigarettes still want you back, think positively. Look forward. And consider yourself a proud non-smoker.

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association: 1-800-586-4872
American Cancer Society: 1-800-227-2345
American Heart Association: 1-800-242-8721
Quitting Buddy or Friend who has Quit:

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_____

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How to Use Nicorette Lozenges and Tips to Help You Quit Smoking.

HALEON

NICORETTE

nicotine polacrilex lozenge
2 mg and 4 mg User's Guide

Lozenge

PLANNING YOUR SUCCESS.

1) The key to accomplishing anything important is commitment. When it comes to quitting smoking, that is especially true. **Nicorette** Lozenges can help if you really want to quit. **Nicorette** Lozenges help reduce withdrawal symptoms including nicotine craving associated with quitting smoking.
2) Your chances of staying off cigarettes are much better if you start with at least 9 **Nicorette** Lozenges daily. For best results, use the lozenges on a regular schedule (as outlined in this User's Guide).
3) Start using **Nicorette** Lozenges on your quit date.
4) This User's Guide outlines a 12 week plan for **Nicorette** Lozenges. Even though you may feel confident about your non-smoking status after a few weeks, it's important to stick with the plan to help you remain smoke-free. Even a single cigarette can put you right back to square one.
5) **Nicorette** Lozenges work best when used together with a support plan. See information below for instructions on enrollment in the MyQuit Individualized Stop Smoking Program.
6) After the first six weeks, start using fewer **Nicorette** Lozenges, as directed in the instructions, gradually reducing your use over the next six weeks. If you feel the need to use the lozenges for a longer period to keep from smoking, talk to your health care provider.
7) If you have questions about using **Nicorette** Lozenges, call toll-free **1-888-569-1743**, or talk to your pharmacist or family doctor.

YES! YOU WANT TO QUIT.

Wonderful. You've made the most important decision of all, to stop smoking. And by choosing **Nicorette** Lozenges to help you, you're starting on the right path. Now remember, using **Nicorette** Lozenges doesn't just mean taking a **Nicorette** Lozenge. It means setting and following a program like the one we suggest in this User's Guide.

Your own success depends on your effort, your level of addiction to tobacco, and your commitment to following your program.

LET'S FACE IT.

Quitting smoking isn't easy! You or someone you know may have tried unsuccessfully. That's okay. It's hard to stop smoking the first time you try. The important part is to learn from your previous attempts, consider what went wrong and keep trying to quit until you succeed. Look to this User's Guide for support as you undergo this terrific task. The guide includes important information on how to use **Nicorette** Lozenges and also gives you tips to help you stop smoking. Refer back to it often for advice, answers, and encouragement to help you stay on track.

GET MOTIVATED. STAY MOTIVATED.

Everyone has a reason for quitting — whether you're concerned about your health, your appearance, family or peer pressure, or the effect of secondhand smoke on your loved ones — all of the above, or something else entirely. Whatever your reasons, write them down. There's a WALLET CARD on the bottom left of this User's Guide. Write your reasons on the card and carry it with you. When you have an urge to smoke or experience a difficult moment it can help you focus on your reasons for quitting. Lots of people quit with a co-worker, spouse or friend and use them as a quitting buddy. You can help each other out by providing extra encouragement in tough moments.

There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll-free phone numbers are printed on the back of the WALLET CARD on the bottom left of this User's Guide.

UNDERSTANDING THE DOUBLE-EDGED SWORD.

Smoking has two addictive components, a physical and a mental need for the nicotine in tobacco. You need to conquer both to succeed. **Nicorette** Lozenges can ease your physical nicotine addiction. But your readiness and resolve are necessary to help overcome the mental side of your cigarette dependence. So once you're ready, it's time to begin. But first, read and consider the following important warnings.

IMPORTANT WARNINGS.

This product is only for those who want to stop smoking.

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 your 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 problems occur
- persistent indigestion or severe sore throat occurs
- 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

YOU'RE READY TO START.

Okay, you're ready. To become a non-smoker, start today. Now before you do anything else, you have a bit of planning to do. Read this User's Guide all the way through. You want to make sure you bought the right dose to start. If you typically smoke **your first cigarette within 30 minutes of waking up,** use the 4 mg **Nicorette** Lozenges. If you smoke **your first cigarette more than 30 minutes after waking up,** use the 2 mg **Nicorette** Lozenges. Next, plan your quitting schedule. Get a calendar to follow your progress and mark the following four important dates (see the reminders on the middle left side of this User's Guide).

THE PROGRAM.

STEP 1 (Weeks 1-6) Starting on your quit date it's best to use at least 9 Nicorette Lozenges each day, one every 1-2 hours.
First choose the day you plan to quit (make it soon). Place the Step 1 reminder on this date. That's the day you will start using **Nicorette** Lozenges to calm your cravings for nicotine and help you stay smoke-free. Prior to the quit date, get rid of all your cigarettes to remove temptations and make it more difficult to start smoking again.

Use a **Nicorette** Lozenge every 1 to 2 hours and at least 9 lozenges each day for the first 6 weeks to help prevent unexpected cravings and improve your chances of quitting. **These aren't ordinary lozenges.** Place the lozenge in your mouth and allow the lozenge to slowly dissolve (about 20 - 30 minutes). Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20 - 30 minutes). **Remember to read the "USING Nicorette LOZENGES PROPERLY" section before you take your first Nicorette Lozenge.**

STEP 2 (The next three weeks, that is weeks 7-9). At the beginning of week 7 start using fewer Nicorette Lozenges, one every 2-4 hours.
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END At the end of week 12 you'll complete Nicorette Lozenge therapy.
Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using **Nicorette** Lozenges.

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Do not use more than one lozenge at a time, or many lozenges one after another since this can cause hiccups, heartburn, nausea or other side effects.

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT BEGINNING OF WEEK #1 (QUIT DATE) — STEP 1: 1 lozenge every 1 to 2 hours

AT BEGINNING OF WEEK #7 — STEP 2: 1 lozenge every 2 to 4 hours

AT BEGINNING OF WEEK #10 — STEP 3: 1 lozenge every 4 to 8 hours

12 WEEKS AFTER QUIT DATE — EX-SMOKER

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MyQuit
Program brought to you by
NICORETTE
nicotine polacrilex lozenge
Lozenge and Haleon

NICORETTE has created the MyQuit program to provide you with support wherever and whenever you need it. The program provides a network of tools to help you get through those tough moments.

- **To Your Inbox:** Stay motivated with our personalized email support program that sends encouragement and tips straight to your inbox.
- **On The Web:** Get helpful advice, tips and inspiration from ex-smokers on www.Nicorette.com
- **On The Go:** Log cravings and track your personal progress on your mobile phone with the MyQuit App.

To learn more visit www.Nicorette.com or call 1-888-569-1743

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WALLET CARD

My most important reasons to quit smoking are:

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