

#### TO INCREASE YOUR SUCCESS IN OUITTING: 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.

NDC 0135-0229-05





HALEON

ACTUAL SIZE

Mint

### 170 PIECES, 2 mg EACH

#### **Drug Facts** Active ingredient (in each chewing piece) Purpose Nicotine polacrilex (equal to 2 mg nicotine) Stop smoking aid Use • reduces withdrawal symptoms, including nicotine craving, associated with guitting 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

 vou 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 guit day

· if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine gum

· if you smoke your first cigarette more than 30 minutes after waking up, use 2 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





### 170 PIECES, 2 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, gum base, magnesium oxide, menthol, peppern oil sodium bicarbonate, sodium carbonate, xultiol		

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

## NICORETTE nicotine polacrilex gum, 2 mg stop smoking aid Gum

 $2_{mg}$ FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP. WITHIN 30 MINUTES of waking up, use

## NICORETTE nicotine polacrilex gum, 2 mg | stop smoking aid Mint Gum

170 PIECES, 2 mg EACH

# NICORETTE nicotine polacrilex gum, 2 mg | stop smoking aid

### **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.

Distributed by: Haleon

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



