

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

(b) (4)

3 0766-7845-08 2

Nicorette®
Original 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden
©2013 GlaxoSmithKline 000000X

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Lot: _____ Exp: _____

(b) (4)

Drug Facts (continued)

Other information

- each piece contains: calcium 117mg, sodium 13mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
flavors, glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays 9:00 am - 4:30 pm ET

Original gum

Nicorette®

Nicorette®
nicotine polacrilex gum, 2mg • stop smoking aid
Gum

2 mg

FOR THOSE WHO SMOKE MORE THAN 30 MINUTES AFTER WAKING UP.
If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4mg gum.

Original

110 PIECES, 2mg EACH

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

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.

OPEN HERE

110 PIECES, 2mg EACH

Nicorette[®]

Gum

2
mg

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit



Original

200 PIECES

Nicorette[®]

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 117mg, sodium 13mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients flavors, glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108, Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, COMMITTED QUITTERS and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.



XX000000



Lot: _____
Exp: _____

(b) (4)

000000

000000

Drug Facts

Active ingredient (in each chewing piece) Nicotine polacrilex (equal to 2mg nicotine) **Purpose**
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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

(b) (4)

000000

000000

000000

000000

Drug Facts (continued)

Other information

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

Inactive ingredients

acesulfame potassium, gum base, magnesium oxide, menthol, peppermint oil, sodium bicarbonate, sodium carbonate, xylitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)



3 0766-7843-20 0

Nicorette®
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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX
NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Nicorette®

Mint Gum

Nicorette®

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

Mint

110 PIECES, 2mg EACH

2 mg

FOR THOSE WHO SMOKE
THEIR FIRST CIGARETTE
MORE THAN 30 MINUTES
AFTER WAKING UP.

If you smoke your first cigarette
up, use Nicorette 4mg Gum
WITHIN 30 MINUTES of waking

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

OPEN HERE



110 PIECES, 2mg EACH

Lot: _____ **Exp:** _____

(b) (4)

000000

000000

Drug Facts

Active ingredient (in each chewing piece) Nicotine polacrilex (equal to 2mg nicotine) **Purpose** 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

(b) (4)

000000

000000

Drug Facts (continued)

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, gum base, magnesium oxide, menthol, peppermint oil, sodium bicarbonate, sodium carbonate, titanium dioxide, xylitol

Questions or comments?
 call toll-free 1-800-419-4766 (English/Spanish) weekdays 9:00 am - 4:30 pm ET

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
GlaxoSmithKline Consumer Healthcare, L.P.
 Moon Township, PA 15108
 Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE and the NICORETTE sunburst design are registered trademarks and FRESH MINT is a trademark of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

000000

000000

Nicorette
 nicotine polacrilex gum, 2mg • stop smoking aid
Gum

Coated
 FOR BOLD FLAVOR
Fresh Mint™

2 mg
 AFTER WAKING UP
 MORE THAN 30 MINUTES
 THEIR FIRST CIGARETTE
 FOR THOSE WHO SMOKE
 IF YOU SMOKE YOUR FIRST CIGARETTE
 WITHIN 30 MINUTES OF WAKING
 UP, USE NICORETTE 4mg GUM

100 PIECES, 2mg EACH

NEW DIRECTIONS FOR USE
 - Keep Using if You Slip Up and Have a Cigarette
 - Use Beyond 12 Weeks if Needed to Quit

NDC 0139-0225-02

TO INCREASE YOUR SUCCESS IN QUITTING:

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

To remove the gum, peel off the backing, tear off the gum, and place in the trash.

Push through the hole.

Peel off backing, tear off the gum, and place in the trash.

Push through the hole.

100 PIECES, 2mg EACH

OPEN HERE

Nicorette[®]

Gum

2
mg

200 PIECES, 2mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE
- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0225-15



Coated
FOR BOLD FLAVOR

Fresh Mint[™]

©2013 GlaxoSmithKline 000000XX

Nicorette[®]

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1  Gently push tab on side.
- 2  Pull up forcefully, pulling open box.
- 3  Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light and humidity

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, gum base, magnesium oxide, menthol, peppermint oil, sodium bicarbonate, sodium carbonate, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108, Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks and FRESH MINT is a trademark of the GlaxoSmithKline group of companies.



00000000

Lot:
Exp:



0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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

0000000000



0000000000

OPEN HERE

20 PIECES,
2mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0241-06

Nicorette
nicotine polacrilex gum, 2mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Fruit Chill

2 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4mg Gum

20 PIECES, 2mg EACH

- 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 **GlaxoSmithKline** Consumer Healthcare, L.P. Moon Township, PA 15108 Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Drug Facts (continued)

- 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink (flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol)

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



0766-7849-11

(b) (4)

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

Flip open for Directions and additional information
Retain this package for complete product information

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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp

3 0766-7849-14 1

NDC 0135-0241-08

Nicorette®

Gum

20 PIECES, 2mg EACH
(1 Pocket Pack of 20)

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.

How To Open the Nicorette Gum Pocket Pack

1. Gently push tab on side.
2. Pull up forcefully, pulling open box.
3. Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polyorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

000000

000000

000000

000000

Drug Facts

Active ingredient (in each chewing piece) Nicotine polacrilex (equal to 2mg nicotine) **Purpose** 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

000000

000000

000000

000000

Lot: _____ Exp: _____

(b) (4)

0766-7857-50

Nicorette®
Fruit Chill® 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
GlaxoSmithKline Consumer Healthcare, L.P.
 Moon Township, PA 15108
 Made in Sweden

©2013 GlaxoSmithKline 000000X
 NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Nicorette®

Fruit Chill® Gum

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
 - Use Beyond 12 Weeks if Needed to Quit

Nicorette®

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

Coated
FOR BOLD FLAVOR

Fruit Chill®

100 PIECES, 2mg EACH

2mg

FOR THOSE WHO SMOKE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4mg gum

OPEN HERE

100 PIECES, 2mg EACH

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.

Nicorette[®]

Gum

2
mg

200 PIECES, 2mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0241-15



Coated
FOR BOLD FLAVOR

Fruit Chill[®]

©2013 Ciba-Geigy Inc. 000000XX

Nicorette[®]

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1** Gently push tab on side.
- 2** Pull up forcefully, pulling open box.
- 3** Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light and humidity

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies

729053



3 0766-7877-10 6

102821PB

Lot:
Exp:



0000



0000

Drug Facts

Active ingredient (in each chewing piece)
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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
- oral blistering occurs
- 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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

Drug Facts (continued)

- 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



3 0766-7859-22 5

OPEN HERE

20 PIECES,
2mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NIC (1185-0466-1)

Nicorette

nicotine polacrilex gum, 2mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Cinnamon Surge™

2 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette **WITHIN 30 MINUTES** of waking up, use Nicorette 4mg Gum

20 PIECES, 2mg EACH

- 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
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE and the NICORETTE sunburst design are registered trademarks and CINNAMON SURGE is a trademark of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000



0000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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
- oral blistering occurs
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

■ 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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp

3 0766-7859-24 9

NDC 0135-0466-08

Nicorette[®]

Gum 20 PIECES, 2mg EACH
(1 Pocket Pack of 20)

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.

How To Open the Nicorette Gum Pocket Pack

1. Gently push tab on side.
2. Pull up forcefully, pulling open box.
3. Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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

Drug Facts (continued)

- 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



0766-7750-52

OPEN HERE

20 PIECES,
2mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0474-01

Nicorette®

nicotine polacrilex gum, 2mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

White Ice Mint®

2 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4mg Gum

20 PIECES, 2mg EACH

- 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 **GlaxoSmithKline** Consumer Healthcare, L.P. Moon Township, PA 15108 Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

Flip open for Directions and additional information
Retain this package for complete product information

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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp



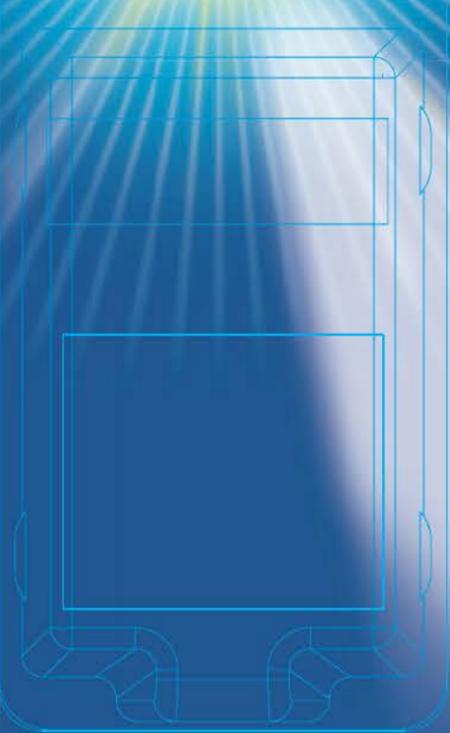
3 0766-7750-54 6

NDC 0135-0474-08

Nicorette®

Gum

20 PIECES, 2mg EACH
(1 Pocket Pack of 20)



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.

How To Open the Nicorette Gum Pocket Pack

- 1  Gently push tab on side.
- 2  Pull up forcefully, pulling open box.
- 3  Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

White Ice Mint[®] Gum

Nicorette[®]

Drug Facts

Active ingredient (in each chewing piece) Nicotine polacrilex (equal to 2mg nicotine) **Purpose** 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

Ask a doctor or pharmacist before use if you are
 • using a non-nicotine stop smoking drug
 • taking 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 within 30 minutes of waking up, use 4mg nicotine gum
 • if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Nicorette[®]
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.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
 Moon Township, PA 15108
 Made in Sweden
 ©2013 GlaxoSmithKline 000000X

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.
 For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
 Free Audio CD upon request. See inside.

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
 - Use Beyond 12 Weeks if Needed to Quit

Nicorette[®]
 nicotine polacrilex gum, 2mg • stop smoking aid
Gum

Coated
 FOR BOLD FLAVOR
White Ice Mint[®]

100 PIECES, 2mg EACH

2mg
 mg
 FOR THOSE WHO SMOKE
 MORE THAN 30 MINUTES
 AFTER WAKING UP.
 If you smoke your first cigarette
 WITHIN 30 MINUTES of waking
 up, use Nicorette 4mg gum

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.

1. To remove the gum, peel off backing.
 2. Tear off the gum, using the notch.
 3. Peel off backing, starting at the corner with your thumb.
 4. Push the gum through the notch.

100 PIECES, 2mg EACH

OPEN HERE

Nicorette[®]

Gum

2
mg

200 PIECES, 2mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0474-15



Coated
FOR BOLD FLAVOR

White Ice Mint[®]

©2013 GlaxoSmithKline 000000XX

Nicorette[®]

nicotine polacrilex gum, 2mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1** Gently push tab on side.
- 2** Pull up forcefully, pulling open box.
- 3** Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light and humidity

Inactive ingredients

acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

729040



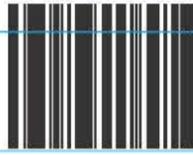
3 0766-7750-55 3

102812PB

Lot:
Exp:



0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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

Drug Facts (continued)

- 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, chamomile flavor, edible ink, gum base, gum arabica, hypromellose, levomenthol, magnesium oxide, peppermint flavor, polysorbate 80, spearmint flavor, sodium carbonate, sodium hydrogen carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



3 0766-7772-00 5

OPEN HERE

20 PIECES,
2mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0532-01

Nicorette

nicotine polacrilex gum, 2mg • stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Spearmint Burst™
with a hint of chamomile

2 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette **WITHIN 30 MINUTES** of waking up, use Nicorette 4mg Gum

20 PIECES, 2mg EACH

- 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
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE and the NICORETTE sunburst design are registered trademarks and SPEARMINT BURST is a trademark of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000000000



0000000000

NDC 0135-0532-08

Nicorette®

Gum

20 PIECES, 2mg EACH
(1 Pocket Pack of 20)



Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 2mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

Flip open for Directions and additional information
Retain this package for complete product information

Lot
Exp

- 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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**



3 0766-7771-00 8

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.

How To Open the Nicorette Gum Pocket Pack



1 Gently push tab on side.



2 Pull up forcefully, pulling open box.



3 Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 within 30 minutes of waking up, use 4mg nicotine gum
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg 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.

Other information

- each piece contains: calcium 94mg, sodium 11mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acesulfame potassium, carnauba wax, chamomile flavor, edible ink, gum base, gum arabica, hypromellose, levomenthol, magnesium oxide, peppermint flavor, polysorbate 80, spearmint flavor, sodium carbonate, sodium hydrogen carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Lot: _____
Exp.: _____

(b) (4)

000000

000000

Drug Facts

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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

(b) (4)

000000

000000

000000

000000

000000

000000

Drug Facts (continued)

Other information

- each piece contains: calcium 117mg, sodium 13mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

D&C yellow #10, flavors, glycerin, gum base, sodium carbonate, sorbitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)

0766-7847-08

Nicorette®
Original 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000X

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Nicorette®
Original gum

Nicorette®
nicotine polacrilex gum, 4mg • stop smoking aid
Gum

4

mg

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 2mg Gum

110 PIECES, 4mg EACH

Original

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette - Use Beyond 12 Weeks if Needed to Quit

NDC 0195-0158-07

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

TO INCREASE YOUR SUCCESS IN QUITTING:

4mg EACH
110 PIECES

OPEN HERE

Nicorette[®]

Gum

4
mg

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit



Original

200 PIECES

Nicorette[®]

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

- each piece contains: calcium 117mg, sodium 13mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

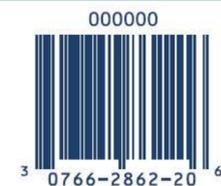
D&C yellow #10, flavors, glycerin, gum base, sodium carbonate, sorbitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108, Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, COMMITTED QUITTERS and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.



XX000000



Lot: _____
Exp.: _____

(b) (4)

Drug Facts

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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

(b) (4)

3 0766-7844-20 7

Nicorette®
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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000X
NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

000000

000000

000000

000000

000000

Nicorette®
Mint Gum

Nicorette®
nicotine polacrilex gum, 4mg • stop smoking aid

Gum

Mint

110 PIECES, 4mg EACH

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 2mg Gum.

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 the gum, and push the gum through the hole.

Peel off backing, starting at the corner with your fingernail.

110 PIECES, 4mg EACH

Drug Facts

Active ingredient (in each chewing piece)
Nicotine polacrilex (equal to 4mg nicotine)

Purpose
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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

(b) (4)



3 0766-7847-50 5

Nicorette®
Fresh 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000X

NICORETTE and the NICORETTE sunburst design are registered trademarks and FRESH MINT is a trademark of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Lot: _____ Exp: _____

(b) (4)

Drug Facts (continued)

Other information

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

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, D&C yellow #10 AL lake, edible ink, gum base, magnesium oxide, menthol, peppermint oil, sodium carbonate, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays 9:00 am - 4:30 pm ET

Nicorette®
Fresh Mint™ Gum

Nicorette®

nicotine polacrilex gum, 4mg • 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 2mg Gum



Coated
FOR BOLD FLAVOR
Fresh Mint™

100 PIECES, 4mg EACH

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette - Use Beyond 12 Weeks if Needed to Quit

OPEN HERE

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 the gum.

Park off backing, place at corner with tongue.

Push tongue into hole.

100 PIECES, 4mg EACH

Nicorette[®]

Gum

4
mg

200 PIECES, 4mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE
- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0226-15



Coated
FOR BOLD FLAVOR

Fresh Mint[™]



©2013 GlaxoSmithKline 000000XX

Nicorette[®]

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1** Gently push tab on side.
- 2** Pull up forcefully, pulling open box.
- 3** Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, gum base, magnesium oxide, menthol, peppermint oil, sodium carbonate, titanium dioxide, xylitol

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108, Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks and FRESH MINT is a trademark of the GlaxoSmithKline group of companies.



XX00000

Lot:
Exp:



0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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

Drug Facts (continued)

- 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.

Other information

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

Inactive ingredients

acacia, 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, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



0766-7849-31

OPEN HERE

20 PIECES, 4mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0242-06

Nicorette

nicotine polacrilex gum, 4mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Fruit Chill

4 mg

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 2mg Gum

20 PIECES, 4mg EACH

- 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 **GlaxoSmithKline** Consumer Healthcare, L.P. Moon Township, PA 15108 Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

Flip open for Directions and additional information
Retain this package for complete product information

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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp

3 0766-7849-34 9

NDC 0135-0242-08

Nicorette®

Gum

20 PIECES, 4mg EACH
(1 Pocket Pack of 20)

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.

How To Open the Nicorette Gum Pocket Pack

1. Gently push tab on side.
2. Pull up forcefully, pulling open box.
3. Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

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

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Nicorette®

Fruit Chill® 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden
©2013 GlaxoSmithKline 000000X
NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.
For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Drug Facts (continued)

Other information

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

Inactive ingredients

acacia, acetylsalicylic acid, camouba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Nicorette®

Fruit Chill® Gum

Nicorette®

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

Coated
FOR BOLD FLAVOR

Fruit Chill®

100 PIECES, 4mg EACH

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 2mg gum

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette

- Use Beyond 12 Weeks if Needed to Quit

NDC 0198-0242-02

OPEN HERE

To remove the gum, tear off the corner at the bottom edge.

To remove the gum, tear off the corner at the bottom edge.

To remove the gum, tear off the corner at the bottom edge.

100 PIECES, 4mg EACH

1. You must be motivated to quit.
2. Use Enough - Chew at least 9 pieces of Nicorette gum per day during the first 6 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.

Nicorette[®]

Gum

4
mg

200 PIECES, 4mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0242-15



Coated
FOR BOLD FLAVOR

Fruit Chill[®]

©2013 GlaxoSmithKline 000000XX

Nicorette[®]

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1  Gently push tab on side.
- 2  Pull up forcefully, pulling open box.
- 3  Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

Inactive ingredients

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

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, NICORETTE FRUIT CHILL and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies

729064



3 0766-7877-60 1

102820PB

Lot:
Exp:



0000



0000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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
- oral blistering occurs
- 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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

Drug Facts (continued)

- 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.

Other information

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

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



3 0766-7859-72 0

OPEN HERE

20 PIECES,
4mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NIC 0185-0487-01

Nicorette

nicotine polacrilex gum, 4mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Cinnamon Surge™

4 mg

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 2mg Gum

20 PIECES, 4mg EACH

- 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
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE and the NICORETTE sunburst design are registered trademarks and CINNAMON SURGE is a trademark of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000



0000

Drug Facts

Active ingredient (in each chewing piece) Purpose
 Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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
- oral blistering occurs
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

■ 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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp

3 0766-7859-74 4

NDC 0135-0467-08

Nicorette®

Gum

20 PIECES, 4mg EACH
 (1 Pocket Pack of 20)

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.

How To Open the Nicorette Gum Pocket Pack

- 1 Gently push tab on side.
- 2 Pull up forcefully, pulling open box.
- 3 Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
 Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
 Moon Township, PA 15108 Made in Sweden
 ©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

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

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Lot: _____
Exp: _____

(b) (4)

000000

000000

Drug Facts

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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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
- oral blistering occurs
- 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

(b) (4)

3 0766-7858-70 9

Nicorette®
Cinnamon Surge™ 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000X

NICORETTE and the NICORETTE sunburst design are registered trademarks and CINNAMON SURGE is a trademark of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

Nicorette®

Cinnamon Surge™ Gum

Nicorette®

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

Coated

FOR BOLD FLAVOR

Cinnamon Surge™

100 PIECES, 4mg EACH

4

mg

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 2mg Gum

NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette

- Use Beyond 12 Weeks if Needed to Quit

NDC 0133-0487-02

OPEN HERE

100 PIECES, 4mg EACH

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 included User's Guide.

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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

Drug Facts (continued)

- 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.

Other information

- each piece contains: calcium 94mg, sodium 13mg
- 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 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



0766-7760-52

OPEN HERE

20 PIECES,
4mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slop Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0475-01

Nicorette

nicotine polacrilex gum, 4mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

White Ice Mint

4 mg

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 2mg Gum

20 PIECES, 4mg EACH

■ 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
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

Flip open for Directions and additional information
Retain this package for complete product information

■ 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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot Exp

3 0766-7760-54 5

NDC 0135-0475-08

Nicorette®

Gum

20 PIECES, 4mg EACH
(1 Pocket Pack of 20)

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.

How To Open the Nicorette Gum Pocket Pack

1. Gently push tab on side.
2. Pull up forcefully, pulling open box.
3. Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

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

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

000000
000000

Lot:
Exp:

(b) (4)

Drug Facts (continued)
Other information
 • each piece contains:
 calcium 94mg, sodium 13mg
 • 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 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Drug Facts
Active ingredient (in each chewing piece) Nicotine polacrilex (equal to 4mg nicotine)
Purpose 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
Ask a doctor or pharmacist before use if you are
 • using a non-nicotine stop smoking drug
 • taking 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 2mg nicotine gum
 • **if you smoke your first cigarette within 30 minutes of waking up**, use 4mg 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.

(b) (4)

0766-7760-00

Nicorette®
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.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
 Moon Township, PA 15108
 Made in Sweden
 ©2013 GlaxoSmithKline 000000XX

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.
 For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
 Free Audio CD upon request. See inside.

000000
000000

Nicorette®
White Ice Mint® Gum

Nicorette®
 nicotine polacrilex gum, 4mg • stop smoking aid
Gum

Coated
 FOR BOLD FLAVOR

White Ice Mint®
 100 PIECES, 4mg EACH

4mg
 mg

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 2mg Gum

NEW DIRECTIONS FOR USE
 - Keep Using if You Slip Up and Have a Cigarette
 - Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0479-02

100 PIECES, 4mg EACH

TO INCREASE YOUR SUCCESS IN QUITTING:

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

1. To remove the gum, starting at the top edge, peel off backing.
 2. Push the gum through the hole in the backing.

OPEN HERE

(b) (4)

FOR LAYOUT ONLY — NOT FINAL ART

Nicorette[®]

Gum

4
mg

200 PIECES, 4mg EACH (8 POCKET PACKS of 25)

NEW DIRECTIONS FOR USE
- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0475-15



Coated
FOR BOLD FLAVOR

White Ice Mint[®]



©2013 GlaxoSmithKline 000000XX

Nicorette[®]

nicotine polacrilex gum, 4mg • stop smoking aid

Gum

How To Open the Nicorette Gum Pocket Pack

- 1** Gently push tab on side.
- 2** Pull up forcefully, pulling open box.
- 3** Dispense Nicorette Gum and follow dosing instructions.

Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Gum Committed Quitters[®]** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **Nicorette Gum Committed Quitters[®]**. Only available at www.nicorette.com

- 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

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.

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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

Drug Facts (continued)

- begin using the gum on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

Other information

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

Inactive ingredients

acesulfame potassium, carnauba wax, D&C yellow #10 AI, 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 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108, Made in Sweden
©2013 GlaxoSmithKline

NICORETTE, WHITE ICE MINT and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.



XX000000

Lot:
Exp:



0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4mg 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

Drug Facts (continued)

- 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.

Other information

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

Inactive ingredients

acesulfame potassium, carnauba wax, chamomile flavor, D&C yellow #10 AI, lake, edible ink, gum base, gum arabica, hypromellose, levomenthol, magnesium oxide, peppermint flavor, polysorbate 80, spearmint flavor, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call to 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

(b) (4)



3 0766-7782-00 4

OPEN HERE

20 PIECES,
4mg EACH



NEW DIRECTIONS FOR USE

- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

NDC 0135-0533-01

Nicorette

nicotine polacrilex gum, 4mg · stop smoking aid
Gum



Coated FOR BOLD FLAVOR

Spearmint Burst™
with a hint of chamomile

4 mg

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 2mg Gum

20 PIECES, 4mg EACH

- 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
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX

NICORETTE and the NICORETTE sunburst design are registered trademarks and SPEARMINT BURST is a trademark of the GlaxoSmithKline group of companies.

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.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Free Audio CD upon request. See inside.

(b) (4)

0000000000



0000000000

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equal to 4mg 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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)

NDC 0135-0533-08

Nicorette®

Gum

20 PIECES, 4mg EACH
(1 Pocket Pack of 20)

Flip open for Directions and additional information
Retain this package for complete product information

- 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

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot
Exp

3 0766-7781-00 7

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.

How To Open the Nicorette Gum Pocket Pack

1

Gently push tab on side.

2

Pull up forcefully, pulling open box.

3

Dispense Nicorette Gum and follow dosing instructions.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Distributed by
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108 Made in Sweden
©2013 GlaxoSmithKline

NICORETTE and the NICORETTE sunburst design are registered trademarks of the GlaxoSmithKline group of companies.

000000XX

Drug Facts (continued)

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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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 6 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.

Other information

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

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

Questions or comments? call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

Drug Facts

Active ingredient (in each chewing piece)
Nicotine polacrilex (equal to 4mg nicotine)

Purpose
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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
- taking 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 2mg nicotine gum
- if you smoke your first cigarette within 30 minutes of waking up, use 4mg 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.

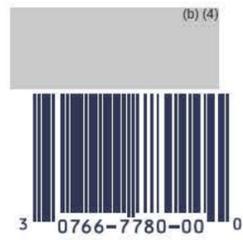
Drug Facts (continued)

Other information

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

Inactive ingredients
acrossulfame potassium, carnauba wax, chamomile flavor, D&C yellow #10 AL lake, edible ink, gum base, gum arabica, hypromellose, levomenthol, magnesium oxide, peppermint flavor, polysorbate 80, spearmint flavor, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-800-419-4766 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)



Nicorette
Spearmint Burst™
with a hint of chamomile

■ 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
GlaxoSmithKline Consumer Healthcare, L.P.
Moon Township, PA 15108
Made in Sweden

©2013 GlaxoSmithKline 000000XX
NICORETTE and the NICORETTE sunburst design are registered trademarks and SPEARMINT BURST is a trademark of the GlaxoSmithKline group of companies.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.
Free Audio CD upon request. See inside.

Nicorette
Spearmint Burst™
with a hint of chamomile

NEW DIRECTIONS FOR USE
- Keep Using if You Slip Up and Have a Cigarette
- Use Beyond 12 Weeks if Needed to Quit

Nicorette
nicotine polacrilex gum, 4mg • stop smoking aid
Gum
Coated
FOR BOLD FLAVOR
Spearmint Burst™
with a hint of chamomile
100 PIECES, 4mg EACH

4mg
FOR THOSE WHO SMOKE WITHIN 30 MINUTES OF WAKING UP.
If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2mg gum.

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, lift off the corner with your thumb. Push the gum out through the loose edge.

100 PIECES, 4mg EACH

OPEN HERE



Nicorette[®]

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

Gum



HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928



(See insert)



Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928

KEYS TO SUCCESS.

- 1) You must really want to quit smoking for **Nicorette**[®] Gum to help you.
- 2) You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum. See page 12.
- 3) You should continue to use **Nicorette** Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use **Nicorette** Gum for a longer period to keep from smoking, talk to your health care provider.
- 4) **Nicorette** Gum works best when used together with a support program — See page 3 for details.
- 5) If you have trouble using **Nicorette** Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-800-419-4766 weekdays (10:00 am - 4:30 pm ET).
- 6) To request a free audio CD containing tips to help make quitting easier, call the toll free number listed above. (ONE CD PER CUSTOMER)

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

1

Reference ID: 3398928



SO YOU DECIDED TO QUIT.

Congratulations.

Your decision to stop smoking is an important one. That's why you've made the right choice in choosing **Nicorette** Gum.

Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with **Nicorette** Gum.

2

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

QUITTING SMOKING IS HARD!

If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about **Nicorette** Gum and give tips to help you stop smoking, and should be referred to often.

Reference ID: 3398928

WHERE TO GET HELP. You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. 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 Wallet Card on the back cover of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using **Nicorette** Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try **Nicorette** Gum or another method.

LET'S GET ORGANIZED. Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family

and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the wallet card inside the back cover of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST. Smoking is addictive in two ways. Your need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while **Nicorette** Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

**SOME
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

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

6

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

(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.

LET'S GET STARTED. Becoming a non-smoker starts today. First, check that you bought the right starting dose. **If you smoke your first cigarette within 30 minutes of waking up,** use 4mg nicotine gum. **If you smoke your first cigarette more**

Reference ID: 3398928

than 30 minutes after waking up, use 2mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the stickers in the center of this User's Guide:

STEP 1. (Weeks 1-6). Your quit date (and the day you'll start using Nicorette Gum).

Choose your quit date (it should be soon). This is the day you will begin using **Nicorette** Gum to satisfy your cravings for nicotine.

For the first six weeks, you'll use a piece of **Nicorette** Gum every hour or two. Be sure to follow the directions starting on pages 10 and 12. Place the Step 1 stickers on this date.

STEP 2. (Weeks 7 to 9). The day you'll start reducing your use of Nicorette Gum.

After six weeks, you'll begin gradually reducing your **Nicorette** Gum usage to one piece every two to four hours. Place the Step 2 sticker on this date (the first day of week seven).

STEP 3. (Weeks 10-12). The day you'll further reduce your use of Nicorette Gum.

Nine weeks after you begin using **Nicorette** Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 sticker on this date (the first day of week ten). For the next three weeks, you'll use a piece of **Nicorette** Gum every four to eight hours.

End of treatment: The day you'll complete Nicorette Gum therapy.

Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" sticker on your calendar.

PLAN AHEAD. Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of **Nicorette** Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that

you slip, immediately stop smoking and resume your quit attempt with the **Nicorette** Gum program.

- Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or small metal balls.

- Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll "give" yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW NICORETTE GUM WORKS.

Nicorette Gum's sugar-free chewing pieces provide nicotine to your system – they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. **Nicorette** Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine.

Because **Nicorette** Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine,

10

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use.

Before you can use **Nicorette** Gum correctly, you have to practice! That sounds silly, but it isn't. **Nicorette Gum isn't like ordinary chewing gum.** It's a medicine, and must be chewed a certain way to work right. Chewed like ordinary gum, **Nicorette** Gum won't work well and

Reference ID: 3398928

can cause side effects. An overdose can occur if you chew more than one piece of **Nicorette** Gum at the same time, or if you chew many pieces one after another. Read all the following instructions before using **Nicorette** Gum. Refer to them often to make sure you're using **Nicorette** Gum correctly. If you chew too fast, or do not chew correctly, you may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using **Nicorette** Gum, or while chewing a piece. The effectiveness of **Nicorette** Gum may be reduced by some foods and drinks, such as

coffee, juices, wine or soft drinks.

- 1) Begin using **Nicorette** Gum on your quit day.
- 2) To reduce craving and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule on page 12.
- 3) Chew each **Nicorette** Gum piece very slowly several times.
- 4) Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. (This usually happens after about 15 chews, but may vary from person to person.)

Reference ID: 3398928

- 5) "PARK" the **Nicorette** Gum piece between your cheek and gum, and leave it there.
- 6) When the peppery taste or tingle is almost gone (in about a minute), start to chew a few times slowly again. When the taste or tingle returns, stop again.
- 7) Park the **Nicorette** Gum piece again (in a different place in your mouth).
- 8) Repeat steps 3 to 7 (chew, chew, park) until most of the nicotine is gone from the **Nicorette** Gum piece (usually happens in about half an hour; the peppery taste or tingle won't return.)

12

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

- 9) Wrap the used **Nicorette** Gum piece in paper and throw away in the trash.

The following chart lists the recommended usage schedule for Nicorette Gum:

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

DO NOT USE MORE THAN 24 PIECES PER DAY.

To improve your chances of quitting, use at least 9 pieces of **Nicorette** Gum a day. If you experience strong or frequent cravings, you may use a second piece within the hour.

However, do not continuously use one

Reference ID: 3398928

A Personal
Invitation to Join

brought to you by

Nicorette[®]
Gum



**ENROLL
NOW!**

Reference ID: 3398928

To Enroll Call Now
1-800-770-0708



or enroll online at
www.committedquitters.com

Having a Plan Will Help You Quit

Nicorette[®]
Gum



is a **FREE** custom-tailored plan to help you break your psychological addiction to smoking — while *NICORETTE* Gum fights the physical addiction. To get

your plan, call toll free 1-800-770-0708 or visit us on the Web at www.committedquitters.com.

Reference ID: 3398928

WHEN YOU CALL:

You will be asked a few questions to understand YOU and YOUR specific needs.

AFTER YOU CALL:

In a few days, you will receive your custom-tailored stop smoking plan. You will continue to receive personal, custom-tailored support — six times during the next twelve weeks.

Reference ID: 3398928

Your Plan Will Contain:

Week 1

12-week
stop
smoking
plan



Week 2

Newsletter
with stories
from other
successful
quitters



Week 3

Motivational
postcard



Reference ID: 3398928

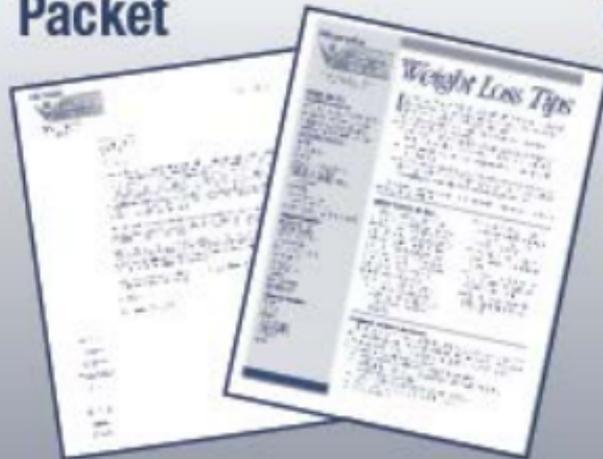
Week 6

More tips
on quitting



Week 9

Congratulations
Packet



Week 12

Award
Certificate



Materials are subject to change.

Reference ID: 3398928

How To Survive the First Week:

1. Control your physical cravings for nicotine.

Use enough – You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum.

2. Get rid of all signs that you ever smoked —

ashtrays, matches and, of course, cigarettes.

3. Stay active.

Keep busy to take your mind off smoking.

4. Think positive!

The first week is the toughest. Remind yourself that it will get easier.

Use the sample of the Stop Smoking Plan (see next page) to get you through the first week until your materials arrive.

Reference ID: 3398928

WEEK ONE

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use Nicorette Gum properly. Follow the directions on your Nicorette Gum package.

CALENDAR

Day	Pieces Chewed	Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____

*Carry this calendar with you.

If you have gone back to smoking, call 1-800-770-0708 to order relapse information.

TIPS

- Make sure you tell friends and family members that you quit.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a few deep breaths and remind yourself how important quitting is to you.

Reference ID: 3398928

The Committed Quitters[®] program is a plan specifically individualized for you.

Call Between 7 am and 12 Midnight ET or enroll online 24 hours a day. (ONE PLAN PER CUSTOMER)

NICORETTE and COMMITTED QUITTERS are registered trademarks, and associated logo designs and overall dress designs are trademarks owned and/or licensed to the GlaxoSmithKline group of companies.

Read and follow label directions

©2013 GlaxoSmithKline

Reference ID: 33989Z8

piece after another, since this may cause you hiccups, heartburn, nausea or other side effects.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

The goal of using **Nicorette** Gum is to slowly reduce your dependence on nicotine. The schedule for using **Nicorette** Gum

will help you reduce your nicotine craving gradually as you reduce and then stop your use of **Nicorette** Gum. Here are some tips to help you cut back during each step and then stop using **Nicorette** Gum:

- After a while, start chewing each **Nicorette** Gum piece for only 10 to 15 minutes, instead of half an hour. Then, gradually begin to reduce the number of pieces used.
- Or, try chewing each piece for longer than half an hour, but reduce the number of pieces you use each day.
- Substitute ordinary chewing gum for some of the **Nicorette** Gum pieces you would normally use. Increase the number of pieces of ordinary gum as you cut back on the **Nicorette** Gum pieces.

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

13

Reference ID: 3398928

- Check how well you've reduced your daily usage of **Nicorette** Gum in Weeks 10 to 12. You should only be using about 3 to 5 pieces a day. Get ready to stop.

The following tips may help you try to stop **Nicorette** Gum when you have completed treatment.

- Set a stop date.
- Use the same number of pieces of confectionery gum or mints as you were using **Nicorette** Gum per day.

At the times when you have an urge to use **Nicorette** Gum, use a strong flavored gum or mint such as cinnamon or peppermint.

- Reduce the number of pieces of gum or mints you use by one piece per day until you do not need to use any gum or mints.

Talk to your doctor or health care provider if you:

- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking
- start using **Nicorette** Gum again after stopping
- start smoking again

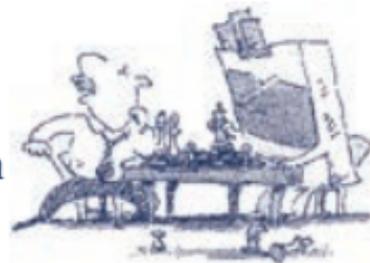
TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party or bar. Here are some tips to help get you through the important first stages of becoming a non-smoker:

On Your Quit Date:

- Ask your family, friends and co-workers to support you in your efforts to stop smoking.

- Throw away all your cigarettes, matches, lighters, ashtrays, etc.
- Keep busy on your quit day. Exercise. Go to a movie. Take a walk. Get together with friends.
- Figure out how much money you'll save by not smoking. Most ex-smokers can save more than \$1,000 a year.
- Write down what you will do with the money you save.



- Know your high risk situations and plan ahead how you will deal with them.
- Keep **Nicorette** Gum near your bed, so you'll be prepared for any nicotine cravings when you wake up in the morning.
- Visit your dentist and have your teeth cleaned to get rid of the tobacco stains.

Right after Quitting:

- During the first few days after you've stopped smoking, spend as much time as possible at places where smoking is not allowed.

- Drink large quantities of water and fruit juices.
- Try to avoid alcohol, coffee and other beverages you associate with smoking.
- Remember that temporary urges to smoke will pass, even if you don't smoke a cigarette.
- Keep your hands busy with something like a pencil or a paper clip.
- Find other activities which help you relax without cigarettes.
- Swim, jog, take a walk, play basketball.

- Don't worry too much about gaining weight. Watch what you eat, take time for daily exercise, and change your eating habits if you need to.
- Laughter helps. Watch or read something funny.



stop smoking, you might feel edgy and nervous and have trouble concentrating. You might get headaches, feel dizzy and a little out of sorts, feel sweaty or have stomach upsets. You might even have trouble sleeping at first. These are typical withdrawal symptoms that will go away with time. Your smoker's cough will get worse before it gets better. But don't worry, that's a good sign. Coughing helps clear the tar deposits out of your lungs.

WHAT TO EXPECT. Your body is now coming back into balance. During the first few days after you

After A Week Or Two.

By now you should be feeling more confident that you can handle those smoking urges. Many of your withdrawal symptoms have left by now, and you should be noticing some positive signs: less coughing, better breathing and an improved sense of taste and smell, to name a few.

After A Month.

You probably have the urge to smoke much less often now. But urges may still occur, and when they do, they are likely

to be powerful ones that come out of nowhere. Don't let them catch you off guard. Plan ahead for these difficult times.

Concentrate on the ways non-smokers are more attractive than smokers. Their skin is less likely to wrinkle. Their teeth are whiter, cleaner. Their breath is fresher. Their hair and clothes smell better. That cough that seems to make even a laugh sound more like a rattle is a thing of the past. Their children and others around them are healthier, too.

What To Do About Relapse.

What should you do if you slip and start smoking again? The answer is simple. A lapse of one or two or even a few cigarettes has not spoiled your efforts! Discard your cigarettes, forgive yourself and try again. If you start smoking again, keep your box of **Nicorette** Gum for your next quit attempt.

If you have taken up regular smoking again, don't be discouraged. Research shows that the best thing you can do is to try again. The important thing is to learn from your last attempt.

- Admit that you've slipped, but don't treat yourself as a failure.
- Try to identify the "trigger" that caused you to slip, and prepare a better plan for dealing with this problem next time.
- Talk positively to yourself – tell yourself that you have learned something from this experience.
- Make sure you used **Nicorette** Gum correctly over the full 12 weeks to reduce your craving for nicotine.
- Remember that it takes practice to do

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

19

Reference ID: 3398928

anything, and quitting smoking is no exception.

WHEN THE STRUGGLE IS OVER.

Once you've stopped smoking, take a second and pat yourself on your back. Now do it again. You deserve it. Remember now why you decided to stop smoking in the first place. Look at your list of reasons. Read them again. And smile. Now think about all the money you are saving and what you'll do with it. All the non-smoking places you can go, and what you might do there.

20

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

Reference ID: 3398928

All those years you may have added to your life, and what you'll do with them. Remember that temptation may not be gone forever. However, the hard part is behind you so look forward with a positive attitude, and enjoy your new life as a non-smoker.

QUESTIONS & ANSWERS.

1. How will I feel when I stop smoking and start using Nicorette Gum?

You'll need to prepare yourself for some nicotine withdrawal symptoms. These begin almost immediately after you stop

smoking, and are usually at their worst during the first three or four days.

Understand that any of the following is possible:

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

Nicorette Gum can help provide relief from withdrawal symptoms such as irritability and nervousness, as well as the craving for nicotine you used to satisfy by having a cigarette.

2. Is Nicorette Gum just substituting one form of nicotine for another?

Nicorette Gum does contain nicotine. The purpose of **Nicorette** Gum is to provide you with enough nicotine to help control the physical withdrawal symptoms so you can deal with the mental aspects of quitting. During the 12 week program, you will gradually

reduce your nicotine intake by switching to fewer pieces each day.

3. Can I be hurt by using Nicorette Gum?

For most adults, the amount of nicotine in the gum is less than from smoking. Some people will be sensitive to even this amount of nicotine and should not use this product without advice from their doctor (see page 5).

Because **Nicorette** Gum is a gum-based product, chewing it can cause dental fillings

to loosen and aggravate other mouth, tooth and jaw problems. **Nicorette** Gum can also cause hiccups, heartburn and other stomach problems especially if chewed too quickly or not chewed correctly.

4. Will I gain weight?

Many people do tend to gain a few pounds the first 8-10 weeks after they stop smoking. This is a very small price to pay for the enormous gains that you will make in your overall health and attractiveness. If you

continue to gain weight after the first two months, try to analyze what you're doing differently. Reduce your fat intake, choose healthy snacks, and increase your physical activity to burn off the extra calories.

5. Is Nicorette Gum more expensive than smoking?

The total cost of **Nicorette** Gum for the twelve week program is about equal to what a person who smokes one and a half packs of cigarettes a day would spend on cigarettes for the same period of time.

Also, use of **Nicorette** Gum is only a short-term cost, while the cost of smoking is a long-term cost, because of the health problems smoking causes.

6. What if I slip up?

Discard your cigarettes, forgive yourself and then get back on track. Don't consider yourself a failure or punish yourself. In fact, people who have already tried to quit are more likely to be successful the next time.

**GOOD
LUCK!**



**Recommended dosage
schedule for Nicorette Gum:**

STEP 1	STEP 2	STEP 3
weeks 1 to 6 1 piece every 1 to 2 hours	weeks 7 to 9 1 piece every 2 to 4 hours	weeks 10 to 12 1 piece every 4 to 8 hours

Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

0000XX

Reference ID: 3398928

**WALLET
CARD**

**My most important reasons
to quit smoking are:**

Copyright ©2013
GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928



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

WALLET CARD

Copyright ©2013
GlaxoSmithKline Consumer Healthcare, L.P.



000000

Reference ID: 3398928

NO PRINT AREA		NO PRINT AREA	
<p>STEP 1 1 piece every 1 to 2 hours</p> 	<p>STEP 2 1 piece every 2 to 4 hours</p> 	<p>STEP 3 1 piece every 4 to 8 hours</p> 	<p>EX-SMOKER</p> 
AT THE BEGINNING OF WEEK #1 (QUIT DATE)	AT THE BEGINNING OF WEEK #7	AT THE BEGINNING OF WEEK #10	12 WEEKS AFTER QUIT DATE
NO PRINT AREA		NO PRINT AREA	

Copyright ©2013
GlaxoSmithKline Consumer Healthcare, L.P.

PLACE THESE STICKERS ON YOUR CALENDAR.

NO PRINT AREA

NO PRINT AREA

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE)

STEP 1
1 piece every 1 to 2 hours

AT THE BEGINNING OF WEEK #7

STEP 2
1 piece every 2 to 4 hours

AT THE BEGINNING OF WEEK #10

STEP 3
1 piece every 4 to 8 hours

EX-SMOKER

12 WEEKS AFTER QUIT DATE

A Personal Invitation to Join brought to you by

Nicorette Gum

FREE Personalized Program **COMMITTED QUITTERS**

ENROLL NOW!

To Enroll Call Now 1-800-770-0708
or enroll online at www.committedquitters.com

Having a Plan Will Help You Quit

Nicorette Committed Quitters is a FREE custom-tailored plan to help you break your psychological addiction to smoking — while NICOFETTE fights the physical addiction. To get your plan, call toll free 1-800-770-0708 or visit us on the Web at www.committedquitters.com.

WHEN YOU CALL:
You will be asked a few questions to understand YOU and YOUR specific needs.

AFTER YOU CALL:
In a few days, you will receive your custom-tailored stop smoking plan. You will continue to receive personal, custom-tailored support — six times during the next twelve weeks.

Your Plan Will Contain:

Week 1 12-week stop smoking plan	Week 2 Newsletter with stories from other successful quitters	Week 3 Motivational postcard
Week 6 More tips on quitting	Week 9 Congratulations Packet	Week 12 Award Certificate

The Committed Quitters® program is a plan specifically individualized for you.

Call Between 7 am and 12 Midnight ET or enroll online 24 hours a day. (ONE PLAN PER CUSTOMER)

NICOFETTES and COMMITTED QUITTERS are registered trademarks, and associated logo designs and overall design are trademarks owned and/or licensed to the GlaxoSmithKline group of companies. Read and follow label directions. ©2013 GlaxoSmithKline

WALLET CARD

My most important reasons to quit smoking are:

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette®

nicotine polacrilex gum
2mg and 4mg User's Guide
Gum

- #### KEYS TO SUCCESS.
- 1) You must really want to quit smoking for Nicorette® Gum to help you.
 - 2) You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum. See chart on back side of leaflet.
 - 3) You should continue to use Nicorette Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use Nicorette Gum for a longer period to keep from smoking, talk to your health care provider.
 - 4) Nicorette Gum works best when used together with a support program — See information to the left for instructions on enrollment in the Committed Quitters® Individualized Stop Smoking Program.
 - 5) If you have trouble using Nicorette Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-800-419-4766 weekdays (10:00 am - 4:30 pm ET).
 - 6) To request a free audio CD containing tips to help make quitting easier, call the toll free number listed above. (ONE CD PER CUSTOMER)

SO YOU DECIDED TO QUIT.

Congratulations. Your decision to quit smoking is an important one. That's why you've made the right choice in choosing Nicorette Gum. Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with Nicorette Gum.

QUITTING SMOKING IS HARD!

If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you the support you need as a non-smoker. It will answer common questions about Nicorette Gum and give tips to help you stop smoking and should be referred to often.

WHERE TO GET HELP.

You are more likely to stop smoking by using Nicorette Gum with a support program that helps you break your smoking habit. 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 Wallet Card on the bottom left of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using Nicorette Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try Nicorette Gum or another method.

LET'S GET ORGANIZED.

Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the wallet card on the bottom left of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST.

Smoking is addictive in two ways. You need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while Nicorette Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

SOME 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. 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

Ask a doctor or pharmacist before use if you are 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.

LET'S GET STARTED.

Becoming a non-smoker starts today. First, check that you bought the right starting dose. If you smoke your first cigarette within 30

minutes of waking up, use 4mg nicotine gum. If you smoke your first cigarette more than 30 minutes after waking up, use 2mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the reminders on the upper left side of this leaflet.

STEP 1 (Weeks 1-6).

Your quit date (and the day you'll start using Nicorette Gum). Choose your quit date (it should be soon). This is the day you will begin using Nicorette Gum to satisfy your cravings for nicotine. For the first six weeks, you'll use a piece of Nicorette Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the Step 1 reminder on this date.

STEP 2 (Weeks 7-9).

The day you'll start reducing your use of Nicorette Gum. After six weeks, you'll begin gradually reducing your Nicorette Gum usage to one piece every two to four hours. Place the Step 2 reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).

The day you'll further reduce your use of Nicorette Gum. Nine weeks after you begin using Nicorette Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 reminder on this date (the first day of week ten). For the next three weeks, you'll use a piece of Nicorette Gum every four to eight hours.

End of treatment:

The day you'll complete Nicorette Gum therapy. Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" reminder on your calendar.

PLAN AHEAD.

Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of Nicorette Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately discard your cigarettes, forgive yourself, and when get back on track.

6. What I slip up

Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or small metal ball.

7. Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee walk in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW TO USE NICORETTE GUM.

Nicorette Gum's sugar-free chewing pieces provide nicotine to your system — they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. Nicorette Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine. Because Nicorette Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use. Before you can use Nicorette Gum correctly, you have to be practicing good oral hygiene. Nicorette Gum isn't like ordinary chewing gum. It's a medicine, and must be chewed a certain way to work right. Chewing like ordinary gum, Nicorette Gum won't work well and can cause side effects. An overdose can occur if you chew too fast, or do not chew correctly. You may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using Nicorette Gum, or while chewing a piece. The effectiveness of Nicorette Gum may be reduced by some food and drinks, such as coffee, juice, wine or soft drinks.

- 1) Begin using Nicorette Gum on your quit day.
- 2) To reduce craving and other withdrawal symptoms, use Nicorette Gum according to the dosage schedule on the back of this leaflet.
- 3) Chew each Nicorette Gum piece **very slowly several times**.
- 4) Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. (This usually happens after about 15 chews, but may vary from person to person.)
- 5) When the peppery taste or tingle is almost gone (in about a minute), start to chew a few times slowly again. When the taste or tingle returns, stop again.

Nicorette

nicotine polacrilex gum
2mg and 4mg User's Guide
Gum

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

TIPS

- Make sure you tell friends and family how important quitting is to you.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a deep breath and remind yourself how important quitting is to you.

GOOD LUCK!

When you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of Nicorette Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately discard your cigarettes, forgive yourself, and when get back on track.

WALLET CARD

My most important reasons to quit smoking are:

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

TIPS

- Make sure you tell friends and family how important quitting is to you.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a deep breath and remind yourself how important quitting is to you.

GOOD LUCK!

When you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of Nicorette Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately discard your cigarettes, forgive yourself, and when get back on track.

WALLET CARD

My most important reasons to quit smoking are:

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

TIPS

- Make sure you tell friends and family how important quitting is to you.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a deep breath and remind yourself how important quitting is to you.

GOOD LUCK!

When you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

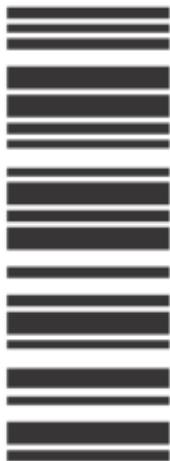
- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of Nicorette Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately discard your cigarettes, forgive yourself, and when get back on track.

WALLET CARD

My most important reasons to quit smoking are:

WALLET CARD

My most important reasons to quit smoking are:



Nicorette[®]

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

Gum



HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928



(See Insert)



Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928

KEYS TO SUCCESS.

- 1) You must really want to quit smoking for **Nicorette**[®] Gum to help you.
- 2) You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum. See page 12.
- 3) You should continue to use **Nicorette** Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use **Nicorette** Gum for a longer period to keep from smoking, talk to your health care provider.
- 4) **Nicorette** Gum works best when used together with a support program — See page 3 for details.
- 5) If you have trouble using **Nicorette** Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-800-419-4766 weekdays (10:00 am - 4:30 pm ET).
- 6) To request a free audio CD containing tips to help make quitting easier, call the toll free number listed above. (ONE CD PER CUSTOMER)

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

1

Reference ID: 3398928



SO YOU DECIDED TO QUIT.

Congratulations.

Your decision to stop smoking is an important one. That's why you've made the right choice in choosing **Nicorette** Gum.

Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with **Nicorette** Gum.

2

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

QUITTING SMOKING IS HARD!

If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about **Nicorette** Gum and give tips to help you stop smoking, and should be referred to often.

Reference ID: 3398928

WHERE TO GET HELP. You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. 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 Wallet Card on the back cover of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using **Nicorette** Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try **Nicorette** Gum or another method.

LET'S GET ORGANIZED. Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family

and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the wallet card inside the back cover of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST. Smoking is addictive in two ways. Your need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while **Nicorette** Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

**SOME
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

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
- oral blistering occurs

- 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.

LET'S GET STARTED. Becoming a non-smoker starts today. First, check that you bought the right starting dose. **If you smoke your first cigarette within 30 minutes of waking up,** use 4mg nicotine

gum. **If you smoke your first cigarette more than 30 minutes after waking up**, use 2mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the stickers in the center of this User's Guide:

STEP 1. (Weeks 1-6). Your quit date (and the day you'll start using Nicorette Gum).

Choose your quit date (it should be soon). This is the day you will begin using **Nicorette Gum** to satisfy your cravings for nicotine.

For the first six weeks, you'll use a piece of **Nicorette Gum** every hour or two. Be sure to follow the directions starting on pages 10 and 12. Place the Step 1 stickers on this date.

STEP 2. (Weeks 7 to 9). The day you'll start reducing your use of Nicorette Gum.

After six weeks, you'll begin gradually reducing your **Nicorette Gum** usage to one piece every two to four hours. Place the Step 2 sticker on this date (the first day of week seven).

STEP 3. (Weeks 10-12). The day you'll further reduce your use of Nicorette Gum.

Nine weeks after you begin using **Nicorette** Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 sticker on this date (the first day of week ten). For the next three weeks, you'll use a piece of **Nicorette** Gum every four to eight hours.

End of treatment: The day you'll complete Nicorette Gum therapy.

Identify the date thirteen weeks after the date

you chose in Step 1, and place the "EX-SMOKER" sticker on your calendar.

PLAN AHEAD.

Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process.

Track the number of **Nicorette** Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately stop smoking and resume your quit attempt with the **Nicorette** Gum program.

- Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or

small metal balls.

- Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll "give" yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW NICORETTE GUM WORKS.

Nicorette Gum's sugar-free chewing pieces provide nicotine to your system – they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. **Nicorette** Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine.

Because **Nicorette** Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine,

10

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use.

Before you can use **Nicorette** Gum correctly, you have to practice! That sounds silly, but it isn't. **Nicorette Gum isn't like ordinary chewing gum.** It's a medicine, and must be chewed a certain way to work right. Chewed like ordinary gum, **Nicorette** Gum won't work well and

Reference ID: 3398928

can cause side effects. An overdose can occur if you chew more than one piece of **Nicorette** Gum at the same time, or if you chew many pieces one after another. Read all the following instructions before using **Nicorette** Gum. Refer to them often to make sure you're using **Nicorette** Gum correctly. If you chew too fast, or do not chew correctly, you may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using **Nicorette** Gum, or while chewing a piece. The effectiveness of **Nicorette** Gum may be reduced by some foods and drinks, such as

coffee, juices, wine or soft drinks.

- 1) Begin using **Nicorette** Gum on your quit day.
- 2) To reduce craving and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule on page 12.
- 3) Chew each **Nicorette** Gum piece very slowly several times.
- 4) Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. (This usually happens after about 15 chews, but may vary from person to person.)

Reference ID: 3398928

- 5) "PARK" the **Nicorette** Gum piece between your cheek and gum, and leave it there.
- 6) When the peppery taste or tingle is almost gone (in about a minute), start to chew a few times slowly again. When the taste or tingle returns, stop again.
- 7) Park the **Nicorette** Gum piece again (in a different place in your mouth).
- 8) Repeat steps 3 to 7 (chew, chew, park) until most of the nicotine is gone from the **Nicorette** Gum piece (usually happens in about half an hour; the peppery taste or tingle won't return.)

12

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

- 9) Wrap the used **Nicorette** Gum piece in paper and throw away in the trash.

The following chart lists the recommended usage schedule for Nicorette Gum:

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

DO NOT USE MORE THAN 24 PIECES PER DAY.

To improve your chances of quitting, use at least 9 pieces of **Nicorette** Gum a day. If you experience strong or frequent cravings, you may use a second piece within the hour.

However, do not continuously use one

Reference ID: 3398928

A Personal
Invitation to Join

brought to you by

Nicorette[®]
Gum



**ENROLL
NOW!**

Reference ID: 3398928

To Enroll Call Now
1-800-770-0708



or enroll online at
www.committedquitters.com

Having a Plan Will Help You Quit

Nicorette[®]
Gum



is a **FREE** custom-tailored plan to help you break your psychological addiction to smoking — while *NICORETTE* Gum fights the physical addiction. To get

your plan, call toll free 1-800-770-0708 or visit us on the Web at www.committedquitters.com.

Reference ID: 3398928

WHEN YOU CALL:

You will be asked a few questions to understand YOU and YOUR specific needs.

AFTER YOU CALL:

In a few days, you will receive your custom-tailored stop smoking plan. You will continue to receive personal, custom-tailored support — six times during the next twelve weeks.

Reference ID: 3398928

Your Plan Will Contain:

Week 1

12-week
stop
smoking
plan



Week 2

Newsletter
with stories
from other
successful
quitters



Week 3

Motivational
postcard



Reference ID: 3398928

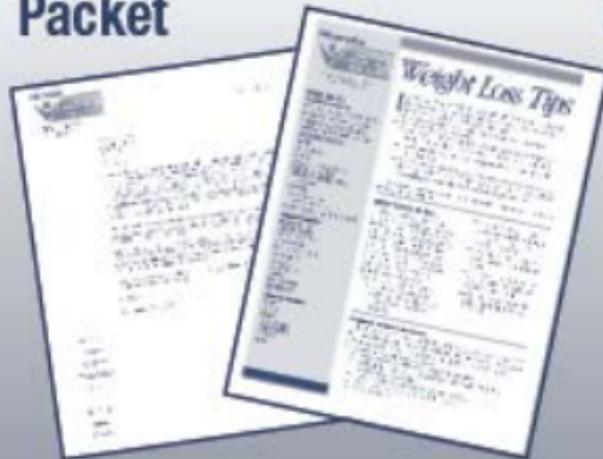
Week 6

More tips
on quitting



Week 9

Congratulations
Packet



Week 12

Award
Certificate



Materials are subject to change.

Reference ID: 3398928

How To Survive the First Week:

1. Control your physical cravings for nicotine.

Use enough – You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum.

2. Get rid of all signs that you ever smoked —

ashtrays, matches and, of course, cigarettes.

3. Stay active.

Keep busy to take your mind off smoking.

4. Think positive!

The first week is the toughest. Remind yourself that it will get easier.

Use the sample of the Stop Smoking Plan (see next page) to get you through the first week until your materials arrive.

Reference ID: 3398928

WEEK ONE

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use Nicorette Gum properly. Follow the directions on your Nicorette Gum package.

CALENDAR

Day	Pieces Chewed	Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____

*Carry this calendar with you.

If you have gone back to smoking, call 1-800-770-0708 to order relapse information.

TIPS

- Make sure you tell friends and family members that you quit.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a few deep breaths and remind yourself how important quitting is to you.

Reference ID: 3398928

The Committed Quitters[®] program is a plan specifically individualized for you.

Call Between 7 am and 12 Midnight ET or enroll online 24 hours a day. (ONE PLAN PER CUSTOMER)

NICORETTE and COMMITTED QUITTERS are registered trademarks, and associated logo designs and overall dress designs are trademarks owned and/or licensed to the GlaxoSmithKline group of companies.

Read and follow label directions

©2013 GlaxoSmithKline

Reference ID: 33989Z8

piece after another, since this may cause you hiccups, heartburn, nausea or other side effects.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

The goal of using **Nicorette** Gum is to slowly reduce your dependence on nicotine. The schedule for using **Nicorette** Gum

will help you reduce your nicotine craving gradually as you reduce and then stop your use of **Nicorette** Gum. Here are some tips to help you cut back during each step and then stop using **Nicorette** Gum:

- After a while, start chewing each **Nicorette** Gum piece for only 10 to 15 minutes, instead of half an hour. Then, gradually begin to reduce the number of pieces used.
- Or, try chewing each piece for longer than half an hour, but reduce the number of pieces you use each day.
- Substitute ordinary chewing gum for some of the **Nicorette** Gum pieces you would normally use. Increase the number of pieces of ordinary gum as you cut back on the **Nicorette** Gum pieces.

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

13

Reference ID: 3398928

- Check how well you've reduced your daily usage of **Nicorette** Gum in Weeks 10 to 12. You should only be using about 3 to 5 pieces a day. Get ready to stop.

The following tips may help you try to stop **Nicorette** Gum when you have completed treatment.

- Set a stop date.
- Use the same number of pieces of confectionery gum or mints as you were using **Nicorette** Gum per day.

At the times when you have an urge to use **Nicorette** Gum, use a strong flavored gum or mint such as cinnamon or peppermint.

- Reduce the number of pieces of gum or mints you use by one piece per day until you do not need to use any gum or mints.

Talk to your doctor or health care provider if you:

- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking
- start using **Nicorette** Gum again after stopping
- start smoking again

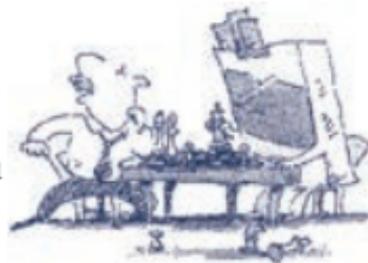
TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party or bar. Here are some tips to help get you through the important first stages of becoming a non-smoker:

On Your Quit Date:

- Ask your family, friends and co-workers to support you in your efforts to stop smoking.

- Throw away all your cigarettes, matches, lighters, ashtrays, etc.
- Keep busy on your quit day. Exercise. Go to a movie. Take a walk. Get together with friends.
- Figure out how much money you'll save by not smoking. Most ex-smokers can save more than \$1,000 a year.
- Write down what you will do with the money you save.



- Know your high risk situations and plan ahead how you will deal with them.
- Keep **Nicorette** Gum near your bed, so you'll be prepared for any nicotine cravings when you wake up in the morning.
- Visit your dentist and have your teeth cleaned to get rid of the tobacco stains.

Right after Quitting:

- During the first few days after you've stopped smoking, spend as much time as possible at places where smoking is not allowed.

- Drink large quantities of water and fruit juices.
- Try to avoid alcohol, coffee and other beverages you associate with smoking.
- Remember that temporary urges to smoke will pass, even if you don't smoke a cigarette.
- Keep your hands busy with something like a pencil or a paper clip.
- Find other activities which help you relax without cigarettes.
- Swim, jog, take a walk, play basketball.

- Don't worry too much about gaining weight. Watch what you eat, take time for daily exercise, and change your eating habits if you need to.
- Laughter helps. Watch or read something funny.



stop smoking, you might feel edgy and nervous and have trouble concentrating. You might get headaches, feel dizzy and a little out of sorts, feel sweaty or have stomach upsets. You might even have trouble sleeping at first. These are typical withdrawal symptoms that will go away with time. Your smoker's cough will get worse before it gets better. But don't worry, that's a good sign. Coughing helps clear the tar deposits out of your lungs.

WHAT TO EXPECT. Your body is now coming back into balance. During the first few days after you

After A Week Or Two.

By now you should be feeling more confident that you can handle those smoking urges. Many of your withdrawal symptoms have left by now, and you should be noticing some positive signs: less coughing, better breathing and an improved sense of taste and smell, to name a few.

After A Month.

You probably have the urge to smoke much less often now. But urges may still occur, and when they do, they are likely

to be powerful ones that come out of nowhere. Don't let them catch you off guard. Plan ahead for these difficult times.

Concentrate on the ways non-smokers are more attractive than smokers. Their skin is less likely to wrinkle. Their teeth are whiter, cleaner. Their breath is fresher. Their hair and clothes smell better. That cough that seems to make even a laugh sound more like a rattle is a thing of the past. Their children and others around them are healthier, too.

What To Do About Relapse.

What should you do if you slip and start smoking again? The answer is simple. A lapse of one or two or even a few cigarettes has not spoiled your efforts! Discard your cigarettes, forgive yourself and try again. If you start smoking again, keep your box of **Nicorette** Gum for your next quit attempt.

If you have taken up regular smoking again, don't be discouraged. Research shows that the best thing you can do is to try again. The important thing is to learn from your last attempt.

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

- Admit that you've slipped, but don't treat yourself as a failure.
- Try to identify the "trigger" that caused you to slip, and prepare a better plan for dealing with this problem next time.
- Talk positively to yourself – tell yourself that you have learned something from this experience.
- Make sure you used **Nicorette** Gum correctly over the full 12 weeks to reduce your craving for nicotine.
- Remember that it takes practice to do

19

Reference ID: 3398928

anything, and quitting smoking is no exception.

WHEN THE STRUGGLE IS OVER.

Once you've stopped smoking, take a second and pat yourself on your back. Now do it again. You deserve it. Remember now why you decided to stop smoking in the first place. Look at your list of reasons. Read them again. And smile. Now think about all the money you are saving and what you'll do with it. All the non-smoking places you can go, and what you might do there.

20

Copyright ©2013 **GlaxoSmithKline** Consumer Healthcare, L.P.

Reference ID: 3398928

All those years you may have added to your life, and what you'll do with them. Remember that temptation may not be gone forever. However, the hard part is behind you so look forward with a positive attitude, and enjoy your new life as a non-smoker.

QUESTIONS & ANSWERS.

1. How will I feel when I stop smoking and start using Nicorette Gum?

You'll need to prepare yourself for some nicotine withdrawal symptoms. These begin almost immediately after you stop

smoking, and are usually at their worst during the first three or four days.

Understand that any of the following is possible:

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

Nicorette Gum can help provide relief from withdrawal symptoms such as irritability and nervousness, as well as the craving for nicotine you used to satisfy by having a cigarette.

2. Is Nicorette Gum just substituting one form of nicotine for another?

Nicorette Gum does contain nicotine. The purpose of **Nicorette** Gum is to provide you with enough nicotine to help control the physical withdrawal symptoms so you can deal with the mental aspects of quitting. During the 12 week program, you will gradually

reduce your nicotine intake by switching to fewer pieces each day.

3. Can I be hurt by using Nicorette Gum?

For most adults, the amount of nicotine in the gum is less than from smoking. Some people will be sensitive to even this amount of nicotine and should not use this product without advice from their doctor (see page 5).

Because **Nicorette** Gum is a gum-based product, chewing it can cause dental fillings

to loosen and aggravate other mouth, tooth and jaw problems. **Nicorette** Gum can also cause hiccups, heartburn and other stomach problems especially if chewed too quickly or not chewed correctly.

4. Will I gain weight?

Many people do tend to gain a few pounds the first 8-10 weeks after they stop smoking. This is a very small price to pay for the enormous gains that you will make in your overall health and attractiveness. If you

continue to gain weight after the first two months, try to analyze what you're doing differently. Reduce your fat intake, choose healthy snacks, and increase your physical activity to burn off the extra calories.

5. Is Nicorette Gum more expensive than smoking?

The total cost of **Nicorette** Gum for the twelve week program is about equal to what a person who smokes one and a half packs of cigarettes a day would spend on cigarettes for the same period of time.

Also, use of **Nicorette** Gum is only a short-term cost, while the cost of smoking is a long-term cost, because of the health problems smoking causes.

6. What if I slip up?

Discard your cigarettes, forgive yourself and then get back on track. Don't consider yourself a failure or punish yourself. In fact, people who have already tried to quit are more likely to be successful the next time.

**GOOD
LUCK!**



**Recommended dosage
schedule for Nicorette Gum:**

STEP 1	STEP 2	STEP 3
weeks 1 to 6 1 piece every 1 to 2 hours	weeks 7 to 9 1 piece every 2 to 4 hours	weeks 10 to 12 1 piece every 4 to 8 hours

Copyright ©2013 GlaxoSmithKline Consumer Healthcare, L.P.

00000000

Reference ID: 3398928

**WALLET
CARD**

**My most important reasons
to quit smoking are:**

Copyright ©2013
GlaxoSmithKline Consumer Healthcare, L.P.

Reference ID: 3398928



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

WALLET CARD

Copyright ©2013
GlaxoSmithKline Consumer Healthcare, L.P.



000000

Reference ID: 3398928

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE)

STEP 1
1 piece every 1 to 2 hours

STEP 2
1 piece every 2 to 4 hours

AT THE BEGINNING OF WEEK #10

STEP 3
1 piece every 4 to 8 hours

EX-SMOKER

12 WEEKS AFTER QUIT DATE

A Personal Invitation to Join brought to you by

Nicorette Gum

FREE 12-week program for **COMMITTED QUITTERS**

ENROLL NOW!

To Enroll Call Now **1-800-770-0708** or enroll online at www.committedquitters.com

Having a Plan Will Help You Quit
Nicorette Committed Quitters is a FREE custom-tailored plan to help you break your psychological addiction to smoking — while NICORETTE fights the physical addiction. To get your plan, call toll free 1-800-770-0708 or visit us on the Web at www.committedquitters.com.

WHEN YOU CALL:
You will be asked a few questions to understand YOU and YOUR specific needs.

AFTER YOU CALL:
In a few days, you will receive your custom-tailored stop smoking plan. You will continue to receive personal, custom-tailored support — six times during the next twelve weeks.

Your Plan Will Contain:

- Week 1** 12-week stop smoking plan
- Week 2** Newsletter with stories from other successful quitters
- Week 3** Motivational postcard
- Week 6** More tips on quitting
- Week 8** Congratulations Packet
- Week 12** Award Certificate

Materials are subject to change.

The **Committed Quitters®** program is a plan specifically individualized for you.

Call Between 7 am and 12 Midnight ET or enroll online 24 hours a day. (ONE PLAN PER CUSTOMER)

NICORETTE and COMMITTED QUITTERS are registered trademarks, and associated logo designs and overall design are trademarks owned and/or licensed to the GlaxoSmithKline group of companies. ©2013 GlaxoSmithKline. Read and follow label directions.

WALLET CARD

My most important reasons to quit smoking are:

XXXXXX

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette®

nicotine polacrilex gum
2mg and 4mg User's Guide
Gum

KEYS TO SUCCESS.

- You must really want to quit smoking for Nicorette® Gum to help you.
- You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum. See chart on back side of leaflet.
- You should continue to use Nicorette Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use Nicorette Gum for a longer period to keep from smoking, talk to your health care provider.
- Nicorette Gum works best when used together with a support program — See information to the left for instructions on enrollment in the Committed Quitters® Individualized Stop Smoking Program.
- If you have trouble using Nicorette Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-800-419-4766 weekdays (10:00 am - 4:30 pm ET).
- To request a free audio CD containing tips to help make quitting easier, call the toll free number listed above. (ONE CD PER CUSTOMER)

SO YOU DECIDED TO QUIT.
Congratulations! Your decision to stop smoking is an important one. That's why you've made the right choice in choosing Nicorette Gum. Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with Nicorette Gum.

QUITTING SMOKING IS HARD!
If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about Nicorette Gum and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.
You are more likely to stop smoking by using Nicorette Gum with a support program that helps you break your smoking habit. 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 Wallet Card on the bottom left of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using Nicorette Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try Nicorette Gum or another method.

LET'S GET ORGANIZED.
Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the wallet card on the bottom left of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST.
Smoking is addictive in two ways. You need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while Nicorette Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

SOME 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

Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking use or drug
- taking a prescription medicine for depression or asthma.

Your prescription dose may need to be adjusted.

Step 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
- oral blistering occurs
- 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.

LET'S GET STARTED.
Becoming a non-smoker starts today. First, check that you bought the right starting dose. If you smoke your first cigarette within 30 minutes of waking up, use 4mg nicotine gum. If you smoke your first

cigarette more than 30 minutes after waking up, use 2mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the reminders on the upper left side of this leaflet:

STEP 1 (Weeks 1-6).
Your quit date (and the day you'll start using Nicorette Gum). Choose your quit date (it should be soon). This is the day you will begin using Nicorette Gum to satisfy your cravings for nicotine. For the first six weeks, you'll use a piece of Nicorette Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the Step 1 reminder on this date.

STEP 2 (Weeks 7-9).
The day you'll start reducing your use of Nicorette Gum. After six weeks, you'll begin gradually reducing your Nicorette Gum usage to one piece every two to four hours. Place the Step 2 reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).
The day you'll further reduce your use of Nicorette Gum. Nine weeks after you begin using Nicorette Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 reminder on this date (the first day of week ten). For the next three weeks, you'll use a piece of Nicorette Gum every four to eight hours.

End of treatment.
The day you'll complete Nicorette Gum therapy. Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" reminder on your calendar.

PLAN AHEAD.
Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:

- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of Nicorette Gum pieces you use each day, and whether you use a craving for cigarettes. In the event that you slip, immediately stop smoking and resume your quit attempt with the Nicorette Gum program.
- Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or small metal ball.
- Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll give yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW NICORETTE GUM WORKS.
Nicorette Gum's sugar-free chewing pieces provide nicotine to your system — they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. Nicorette Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine. Because Nicorette Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.
If you are under 18 years of age, ask a doctor before use. Before you can use Nicorette Gum correctly, you have to practice! That sounds silly, but it isn't! Nicorette Gum isn't like ordinary chewing gum. It's a medicine, and must be chewed a certain way to work right. Chewed like ordinary gum, Nicorette Gum won't work well and can cause side effects. An overdose can occur if you chew more than one piece of Nicorette Gum at the same time, or if you chew many pieces one after another. Read all the following instructions before using Nicorette Gum. Refer to them often to make sure you're using Nicorette Gum correctly. If you chew too fast, or do not chew correctly, you may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using Nicorette Gum, or while chewing a piece. The effectiveness of Nicorette Gum may be reduced by some foods and drinks, such as coffee, juices, wine or soft drinks.

- Begin using Nicorette Gum on your quit date.
- To reduce craving and other withdrawal symptoms, use Nicorette Gum according to the dosage schedule on the back of this leaflet.
- Chew each Nicorette Gum piece very slowly several times.
- Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. (This usually happens after about 15 chews, but may vary from person to person.)
- PARKE: make Nicorette Gum piece between your cheek and gum, and leave it there.
- When the peppery taste or tingle is almost gone (in about a minute), start to chew a few times slowly again. When the taste or tingle returns, stop again.
- Park the Nicorette Gum piece again (in a different place in your mouth).

Nicorette
nicotine polacrilex gum
2mg and 4mg User's Guide
Gum

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

TIPS

- Make sure you tell friends and family members that you quit.
- Use enough Nicorette Gum — at least 9 to 12 pieces per day.
- Stay active. Keep busy to take your mind off smoking.
- When an urge to smoke strikes, take a few deep breaths and remind yourself how important quitting is to you.

GOOD LUCK!

Be sure to read the HOW TO USE NICORETTE GUM section. Place the Step 1 reminder on this date.

QUESTIONS & ANSWERS

1. How will I feel when I stop smoking and start using Nicorette Gum?
You'll need to prepare yourself for some nicotine withdrawal symptoms. These begin almost immediately after you stop smoking and are usually at their worst during the first three or four days. Understand that any of the following symptoms are normal and will go away on their own:

- anxiety, irritability, restlessness, mood changes, nervousness
- craving for cigarettes
- trouble concentrating
- increased appetite and weight gain
- headache, muscle pain, constipation, fatigue
- trouble sleeping
- trouble concentrating
- trouble concentrating
- trouble concentrating

2. Is Nicorette Gum more expensive than smoking?
The total cost of Nicorette Gum for the twelve week program is about equal to what a person who smokes one and a half packs a day would spend on cigarettes for the same period of time.

3. Can I be hurt by using Nicorette Gum?
No. Nicorette Gum is a sugar-free chewing piece that provides nicotine to your system. It does not contain the tar or carbon monoxide of cigarette smoke, and it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

4. Will I gain weight?
Nicorette Gum can cause side effects such as headache, nausea, upset stomach, and dizziness.

5. What do I do about my cravings?
Nicorette Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine.

6. What if I slip up?
If you slip up, immediately stop smoking and resume your quit attempt with the Nicorette Gum program.

WHAT TO EXPECT.

What to expect when you start using Nicorette Gum:

- Remember that temporary urges to smoke will pass, even if you don't smoke a cigarette.
- Find other activities which help you relax without cigarettes.
- Keep your hands busy with something like a pencil or a paper clip.
- Smell, play basketball.
- Don't worry too much about gaining weight. Watch what you eat, take time to exercise.
- Smell, play basketball.
- Don't worry too much about gaining weight. Watch what you eat, take time to exercise.

WEEK ONE

The toughest hurdle — your first week without cigarettes, your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use Nicorette Gum properly. Follow the directions on your Nicorette Gum package.

Remind yourself that it will get easier.

4. Think positive! The first week is the toughest. Stay active, keep busy to take your mind off smoking. ashtrays, matches and, of course, cigarettes.

2. Get rid of all signs that you ever smoked — Use enough — You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

1. Control your physical cravings for nicotine. You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

How To Survive the First Week: Quitting Tips

1. Control your physical cravings for nicotine. You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

2. Get rid of all signs that you ever smoked — Use enough — You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

3. Stay active, keep busy to take your mind off smoking. ashtrays, matches and, of course, cigarettes.

4. Think positive! The first week is the toughest. Remind yourself that it will get easier.

The toughest hurdle — your first week without cigarettes, your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use Nicorette Gum properly. Follow the directions on your Nicorette Gum package.

Remind yourself that it will get easier.

4. Think positive! The first week is the toughest. Stay active, keep busy to take your mind off smoking. ashtrays, matches and, of course, cigarettes.

2. Get rid of all signs that you ever smoked — Use enough — You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

1. Control your physical cravings for nicotine. You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using Nicorette Gum.

DO NOT USE MORE THAN 24 PIECES PER DAY.

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

The following chart lists the recommended usage schedule for Nicorette Gum:

HOW TO REDUCE YOUR NICORETTE GUM USAGE

The goal of using Nicorette Gum is to slowly reduce your dependence on nicotine. The schedule for using Nicorette Gum will help you reduce your nicotine craving gradually as you reduce and then stop your use of Nicorette Gum. Here are some tips to help you:

- After a while, start chewing each Nicorette Gum piece for only 10 to 15 minutes, instead of half an hour. Then, gradually begin to reduce the number of pieces used.
- Try chewing each piece for longer than half an hour, but only when you feel the feeling more confident that you can handle it.
- By now, you should be feeling more confident that you can handle it. Try chewing each piece for longer than half an hour, but only when you feel the feeling more confident that you can handle it.
- By now, you should be feeling more confident that you can handle it. Try chewing each piece for longer than half an hour, but only when you feel the feeling more confident that you can handle it.

WHEN THE STRUGGLE IS OVER

Once you've stopped smoking, take a second and pat yourself on the back. Now do again. You deserve it. Remember how many years you decided to stop smoking in the first place. Look at your list of reasons. Read them again, and smile. Now think about all the money you are saving and what you'd do with it. All those years you may have added to your life and your health. All those years you may have added to your life and your health. All those years you may have added to your life and your health.

TIPS TO MAKE QUITTING EASIER.

- start smoking again
- start using Nicorette Gum again after stopping
- keep from smoking
- will lead the piece to use Nicorette Gum at the end of week 12
- Take to your doctor or health care provider if you:
- Reduce the number of pieces of Nicorette Gum you use by one piece per day until you do not need to use any gum or mint.
- Reduce the number of pieces of Nicorette Gum you use by one piece per day until you do not need to use any gum or mint.
- Reduce the number of pieces of Nicorette Gum you use by one piece per day until you do not need to use any gum or mint.
- Reduce the number of pieces of Nicorette Gum you use by one piece per day until you do not need to use any gum or mint.

QUESTIONS & ANSWERS

1. How will I feel when I stop smoking and start using Nicorette Gum?
You'll need to prepare yourself for some nicotine withdrawal symptoms. These begin almost immediately after you stop smoking and are usually at their worst during the first three or four days. Understand that any of the following symptoms are normal and will go away on their own:

- anxiety, irritability, restlessness, mood changes, nervousness
- craving for cigarettes
- trouble concentrating
- increased appetite and weight gain
- headache, muscle pain, constipation, fatigue
- trouble sleeping
- trouble concentrating
- trouble concentrating
- trouble concentrating

2. Is Nicorette Gum more expensive than smoking?
The total cost of Nicorette Gum for the twelve week program is about equal to what a person who smokes one and a half packs a day would spend on cigarettes for the same period of time.

3. Can I be hurt by using Nicorette Gum?
No. Nicorette Gum is a sugar-free chewing piece that provides nicotine to your system. It does not contain the tar or carbon monoxide of cigarette smoke, and it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

4. Will I gain weight?
Nicorette Gum can cause side effects such as headache, nausea, upset stomach, and dizziness.

5. What do I do about my cravings?
Nicorette Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine.

6. What if I slip up?
If you slip up, immediately stop smoking and resume your quit attempt with the Nicorette Gum program.

WHAT TO EXPECT.

What to expect when you start using Nicorette Gum:

- Remember that temporary urges to smoke will pass, even if you don't smoke a cigarette.
- Find other activities which help you relax without cigarettes.
- Keep your hands busy with something like a pencil or a paper clip.
- Smell, play basketball.
- Don't worry too much about gaining weight. Watch what you eat, take time to exercise.
- Smell, play basketball.
- Don't worry too much about gaining weight. Watch what you eat, take time to exercise.

This is a representation of an electronic record that was signed electronically and this page is the manifestation of the electronic signature.

/s/

MARIA E YSERN
10/28/2013

COLLEEN K ROGERS on behalf of RUTH E SCROGGS
10/28/2013