

Datamatrix Code
104294XA
5mm

\$5.00
Coupon Inside

Lot
Exp

Drug Facts

Active ingredient (in each lozenge) Purpose
Nicotine polacrilex, 2 mg. 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
• 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, liver 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 problems occur
• persistent indigestion or severe sore throat occurs
• irregular heartbeat or palpitations occur
• you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
• you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

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

Do not use if you are under 18 years of age
Do not use if you are pregnant or breast-feeding
Do not use if you are taking any other nicotine replacement medicine
Do not use if you are taking any other medicine that may interact with this medicine
Do not use if you are taking any other medicine that may interact with this medicine
Do not use if you are taking any other medicine that may interact with this medicine

TAMPER EVIDENT FEATURES: Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

0766-7880-57

NDG 0139-0508-04

\$5.00
Coupon Inside

Nicorette
nicotine polacrilex lozenge, 2 mg
stop smoking aid

mini Lozenge

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 4 mg Lozenge)

20 LOZENGES 2 mg Each

Drug Facts (continued)

Directions
• If you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
• Before using this product, read the enclosed User's Guide for complete directions and other important information
• Begin using the lozenge on your quit day
• If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge
• If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:

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

• Nicotine lozenge is a medicine and must be used a certain way to get the best results
• place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
• you may feel a warm or tingling sensation
• occasionally move the lozenge from one side of your mouth to the other until completely dissolved
• do not eat or drink 15 minutes before using or while the lozenge is in your mouth
• to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
• do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
• do not use more than 6 lozenges in 6 hours. Do not use more than 20 lozenges per day.
• It is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information
• each lozenge contains: sodium, 5 mg
• store at 20° - 25°C (68° - 77°F)
• keep well tightly closed and protect from light

Inactive ingredients acetoacetic acid, calcium polycarbonate, flavors, magnesium stearate, menthyl potassium bicarbonate, sodium alginate, sodium carbonate, sorbitol gum

Questions or comments? call 1-888-669-1743 (English/Spanish) weekdays 9:00 am - 6:30 pm ET

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Made in Switzerland

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Fugitive Glue

Checkpoint

TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough—Use at least 9 Nicorette® mini Lozenges per day during the first six weeks.
3. Use Long Enough—Use Nicorette® mini Lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

Opening Directions:
Push in child resistant top on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.

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

SAVE \$5.00
On Nicorette® Mini Lozenge (81ct)

030766-074212

Fugitive Glue

Datamatrix Code
104293XA
5mm

\$5.00
Coupon Inside

Drug Facts

Active ingredient (in each lozenge) Nicotine polacrilex, 4 mg

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
• 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 prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

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

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

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

TAMPER EVIDENT FEATURE: Do not use if clear neckband printed "SEALED FOR YOUR PROTECTION" is missing or broken. Retain outer carton for full product uses, directions and warnings.

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NDG 0135-0508-04

\$5.00
Coupon Inside

Nicorette®
nicotine polacrilex lozenge, 4 mg
stop smoking aid

mini Lozenge

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 2 mg Lozenge

20 LOZENGES 4 mg Each

Drug Facts (continued)

Directions
• If you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
• before using this product, read the enclosed User's Guide for complete directions and other important information
• begin using the lozenge on your quit day
• if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
• if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

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

• nicotine lozenge is a medicine and must be used a certain way to get the best results
• place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
• you may feel a warm or tingling sensation
• occasionally move the lozenge from one side of your mouth to the other until completely dissolved
• do not eat or drink 15 minutes before using or while the lozenge is in your mouth
• to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
• do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
• do not use more than 9 lozenges in 6 hours. Do not use more than 20 lozenges per day.
• it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information
• each lozenge contains: sodium, 5 mg
• store at 20° to 25°C (68° to 77°F)
• keep vial tightly closed and protect from light

Inactive ingredients saccharine potassium, calcium polycarboxylate, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, croscarmellose gum

Questions or comments? call toll-free 1-888-669-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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Fugitive Glue

Checkpoint

TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough - Use at least 9 Nicorette® mini Lozenges per day during the first six weeks.
3. Use Long Enough - Use Nicorette® mini Lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

Opening Directions:
Push in child resistant tab on the vial with thumb. Flip up the top of vial. Turn upside down and shake to remove lozenge.

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

SAVE \$5.00
On Nicorette® Mini Lozenge (81ct)

Fugitive Glue

030766-074212

Opening Directions:
Push in child resistant tab on the vial with thumb.
Flip up the top of vial. Turn upside down and shake to remove lozenge.

LOT/ EXP CODE

Drug Facts (continued)

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours.
- Do not use more than 20 lozenges per day.
- It is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- each lozenge contains: sodium, 5 mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

Inactive ingredients

acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments?

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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NDC 0135-0508-02

Nicorette®

nicotine polacrilex
lozenge, 2 mg
stop smoking aid

mini
Lozenge

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 4 mg Lozenge

81 LOZENGES, 2 mg Each
(3 Vials of 27)

Window with Clear Film

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette® mini lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette® mini lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

■ 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

TAMPER EVIDENT FEATURE:

Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

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

1042772401

GLUE
KNOCK-OUT

GLUE
KNOCK-OUT

Drug Facts

Active ingredient (in each lozenge)

Nicotine polacrilex, 2 mg

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

- 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 prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- if you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge
- if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:

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

PS

3 0766-7880-00 7

KNOCK-OUT
GLUE

KNOCK-OUT
GLUE

1042772401

Opening Directions:
Push in child resistant tab on the vial with thumb.
Flip up the top of vial. Turn upside down and
shake to remove lozenge.



LOT/ EXP CODE

NDC 0135-0509-02



Nicorette®

nicotine polacrilex
lozenge, 4 mg
stop smoking aid

mini
Lozenge

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 2 mg Lozenge

**81 LOZENGES, 4 mg Each
(3 Vials of 27)**

Window with
Clear Film

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette® mini lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette® mini lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

■ **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**

TAMPER EVIDENT FEATURE:

Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

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

Drug Facts (continued)

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- each lozenge contains: sodium, 5 mg
- store at 20 - 25°C (68 - 77°F)
- keep vial tightly closed and protect from light

Inactive ingredients

acesulfame potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments?

call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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GLUE
KNOCK-OUT



GLUE
KNOCK-OUT

Drug Facts

Active ingredient (in each lozenge)

Nicotine polacrilex, 4 mg

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

- 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 prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

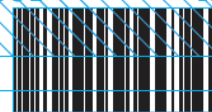
- If you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
- If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

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

PS



KNOCK-OUT
GLUE



KNOCK-OUT
GLUE

Opening Directions:
Push in child resistant tab on the vial with thumb.
Flip up the top of vial. Turn upside down and shake to remove lozenge.

LOT/EXP CODE

Drug Facts (continued)

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 6 lozenges in 6 hours.
- do not use more than 20 lozenges per day.
- it is important to complete treatment. If you find you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- each lozenge contains sodium, 5 mg
- store at 20° to 25°C (68° to 77°F)
- keep vial tightly closed and protect from light

Inactive ingredients

sodium benzoate, sodium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments?

call toll-free 1-888-468-1743 (English/Spanish) weekdays 9:00 am - 4:30 pm ET

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BONUS PACK
27 EXTRA PIECES

NDC 0119-0509-04

Nicorette

nicotine polacrilex
lozenge, 2 mg
stop smoking aid

mini
Lozenge

Window with
Clear Film

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 4 mg Lozenge

108 LOZENGES, 2 mg Each
(4 Vials of 27)

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. Use Enough - Use at least 9 Nicorette® mini lozenges per day during the first six weeks.
3. Use Long Enough - Use Nicorette® mini lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

- 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

TAMPER EVIDENT FEATURE:
Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

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

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GLUE
KNOCK-OUT

GLUE
KNOCK-OUT

Drug Facts

Active Ingredient (in each lozenge)

Nicotine polacrilex, 2 mg

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

- 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 prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- If you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge
- If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:

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

3 0766-7880-10 6

GLUE
KNOCK-OUT

GLUE
KNOCK-OUT

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Opening Directions:
Push in child resistant tab on the vial with thumb.
Flip up the top of vial. Turn upside down and shake to remove lozenge.

LOT/ EXP CODE

Drug Facts (continued)

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 9 lozenges in 6 hours.
- Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- each lozenge contains: sodium, 5 mg
- store at 20° to 25°C (68° to 77°F)
- keep vial tightly closed and protect from light

Inactive ingredients
saccharin potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments?
call toll-free 1-888-689-4743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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BONUS PACK
27 EXTRA PIECES

NDG 0139-0501-006

Nicorette
nicotine polacrilex
lozenge, 4 mg
stop smoking aid
mini
Lozenge

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 2 mg Lozenge

108 LOZENGES, 4 mg Each (4 Vials of 27)

Window with Clear Film

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. Use Enough - Use at least 9 Nicorette® mini lozenges per day during the first six weeks.
3. Use Long Enough - Use Nicorette® mini lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

■ not for sale to those under 18 years of age

■ proof of age required

■ not for sale to vending machines or from any source where proof of age cannot be verified

TAMPER EVIDENT FEATURE:
Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken. Retain outer carton for full product uses, directions and warnings.

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

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GLUE KNOCK-OUT

Drug Facts

Active ingredient (in each lozenge)
Nicotine polacrilex, 4 mg

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

- 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 prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

Stop use and ask a doctor if

- mouth problems occur
- persistent indigestion or severe sore throat occurs
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- If you are under 18 years of age, ask a doctor before use. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information.
- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
- if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

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

KNOCK-OUT GLUE

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Nicorette[®]

nicotine polacrilex lozenge, 2 mg
stop smoking aid

mini Lozenge

Mint



NDC 0135-0508-03



Includes User's Guide

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 4 mg Lozenge

135 LOZENGES, 2 mg Each



100194PC

135 LOZENGES
2 mg Each (5 Vials of 27)

Datamatrix Code
100194PC

Reference ID: 3730545^{5mm}

FRONT VIEW OF BACK CARD

No Graphics in this area
THIS AREA RECIEVES THE
HEAT SEAL COATING

GRAPHICS AREA.
SEE SAMPLE FOR
REFERENCE OF
PLACEMENT OF ART.

BACK VIEW OF BACK CARD

Nicorette®

nicotine polacrilex lozenge, 2 mg
stop smoking aid

mini
Lozenge

Opening Directions:
Push in child resistant tab
on the vial with thumb.
Flip up the top of vial.
Turn upside down and
shake to remove lozenge.



Personalized Quit Plan



Visit www.nicorette.com to enroll in a free, personalized quit plan. **Nicorette Committed Quitterse** 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 Committed Quitterse**. Only available at www.nicorette.com

Drug Facts

Active ingredient (in each lozenge)

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Purpose

Stop smoking aid

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

Warnings

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Ask a doctor or pharmacist before use if you are

- using a non-nicotine stop smoking drug
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Stop use and ask a doctor if

- mouth problems occur
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- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

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- before using this product, read the enclosed User's Guide for complete

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough - Use at least 9 Nicorette® mini Lozenges per day during the first six weeks.
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Drug Facts (continued)

directions and other important information

- begin using the lozenge on your quit day
- If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge
- If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:

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

nicotine lozenge is a medicine and must be used a certain way to get the best results

- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea, or other side effects
- do not use more than 9 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- each lozenge contains: sodium, 5 mg
- store at 20° - 25°C (68° - 77°F)
- keep vial tightly closed and protect from light

Inactive ingredients: acetylsalicylic acid, calcium polycarbonate, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments? call toll-free 1-888-688-1743 (English/Spanish) weekdays (8:00 am - 4:30 pm ET)

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Nicorette[®]

nicotine polacrilex lozenge, 4 mg
stop smoking aid

mini Lozenge

Mint



NDC 0135-0509-03



Includes User's Guide

4
mg

FOR THOSE WHO SMOKE
THEIR FIRST CIGARETTE
WITHIN 30 MINUTES OF
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135 LOZENGES, 4 mg Each



100196PC

135 LOZENGES 4 mg Each (5 Vials of 27)

Datamatrix Code
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THIS AREA RECIEVES THE
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GRAPHICS AREA.
SEE SAMPLE FOR
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PLACEMENT OF ART.

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Nicorette®

nicotine polacrilex lozenge, 4 mg
stop smoking aid

mini
Lozenge

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Drug Facts (continued)

Directions and other important information

• begin using the lozenge on your quit day
• If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
• If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

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

• nicotine lozenge is a medicine and must be used a certain way to get the best results
• place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
• you may feel a warm or tingling sensation
• occasionally move the lozenge from one side of your mouth to the other until completely dissolved
• do not eat or drink 15 minutes before using or while the lozenge is in your mouth
• to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
• do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
• do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
• It is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

• each lozenge contains: sodium, 5 mg
• store at 20° - 25°C (68° - 77°F)
• keep vial tightly closed and protect from light

Inactive ingredients: saccharine potassium, calcium polycarbophil, flavors, magnesium stearate, mannitol, potassium bicarbonate, sodium alginate, sodium carbonate, xanthan gum

Questions or comments? call toll-free 1-888-569-1743 (English/Spanish) weekdays (9:00 am - 4:30 pm ET)

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• proof of age required
• not for sale in vending machines or from any source where proof of age cannot be verified



Lot

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FRONT

BACK



PLANNING YOUR SUCCESS

- 1) The key to accomplishing anything important is commitment. When it comes to quitting smoking, that is especially true. **Nicorette® mini** Lozenges can help if you really want to quit. **Nicorette® mini** Lozenges help reduce withdrawal symptoms including nicotine craving associated with quitting smoking.
- 2) Your chances of staying off cigarettes are much better if you start with at least 9 **Nicorette® mini** Lozenges daily. For best results, use the lozenges on a regular schedule (as outlined in this User's Guide).
- 3) Start using **Nicorette® mini** Lozenges on your quit date.
- 4) This User's Guide outlines a 12-week plan for **Nicorette® mini**

Lozenges. Even though you may feel confident about your non-smoking status after a few weeks, it's important to stick with the plan to help you remain smoke free. Even a single cigarette can put you right back to square one.

- 5) **Nicorette® mini** Lozenges work best when used together with a support plan. See insert between pages 11 and 15 for instructions on enrollment in the Committed Quitters® Individualized Stop Smoking Program.
- 6) After the first six weeks, start using fewer **Nicorette® mini** Lozenges, as directed in the instructions, gradually reducing your use over the next six weeks. If you feel the need



104256XA NRM 2 4mg Mini Loz UG.indd 2

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to use the lozenges for a longer period to keep from smoking, talk to your health care provider.

7) If you have questions about using **Nicorette® mini** Lozenges, call toll free 1-888-569-1743 (English/Spanish) weekdays (9:00am - 4:30pm ET), or talk to your pharmacist or family doctor.

YES! YOU WANT TO QUIT.

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

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

LET'S FACE IT.

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

3



104256XA NRM 2 4mg Mini Loz UG.indd 3

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GET MOTIVATED. STAY MOTIVATED.

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

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

UNDERSTANDING THE DOUBLE-EDGED SWORD.

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

5



Keep out of reach of children and pets. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

YOU'RE READY TO START.

Okay, you're ready. To become a non-smoker, start today. Now before you do anything else, you have a bit of planning to do. Read this User's Guide all the way through. You want to make sure you bought the right dose to start. If you typically smoke **your first cigarette within 30 minutes of waking up**, use the 4 mg **Nicorette® mini** Lozenges. If you smoke **your first cigarette more than 30 minutes after waking up**, use the 2 mg **Nicorette® mini** Lozenges.

6

Next, plan your quitting schedule. Get a calendar to follow your progress and mark the following four important dates (see the reminders on page 26 of this booklet).

THE PROGRAM

STEP 1. (Weeks 1-6) Starting on your quit date it's best to use at least 9 Nicorette® mini Lozenges each day, one every 1-2 hours.

First choose the day you plan to quit (make it soon). Place the Step 1 reminder on this date. That's the day you will start using **Nicorette® mini** Lozenges to calm your cravings for nicotine and help you stay smoke free. Prior to the quit date, get rid of all your cigarettes to remove temptations and make it more difficult to start smoking again.



104256XA NRM 2 4mg Mini Loz UG.indd 6

8/19/14 9:02 AM



Use a **Nicorette® mini** Lozenge every 1 to 2 hours and at least 9 lozenges each day for the first 6 weeks to help prevent unexpected cravings and improve your chances of quitting. **These aren't ordinary lozenges.** Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved. **Remember to read the instructions on page 10 before you take your first Nicorette® mini Lozenge.**

STEP 2. (The next three weeks, that is weeks 7-9). At the beginning of week 7 start using fewer Nicorette® mini

Lozenges, one every 2-4 hours. After six weeks, you should wait a little longer between lozenges, one lozenge every two to four hours. This will help you gradually use fewer **Nicorette® mini** Lozenges. Put the Step 2 reminder on the first day of week 7 to help remind you when to start reducing the number of **Nicorette® mini** Lozenges you take.

STEP 3. (The last three weeks, that is weeks 10-12). At the beginning of week 10, reduce Nicorette® mini Lozenge use even further, one every 4-8 hours. At the beginning of week 10 further decrease the number of **Nicorette® mini** Lozenges you use each day to reduce the amount of nicotine you get. You should do this by using one lozenge every 4 to 8 hours. Put the

7



104256XA NRM 2 4mg Mini Loz UG.indd 7

8/19/14 9:02 AM

<p>Step 3 reminder on the first day of week 10 so you know when you should be starting this last step to becoming smoke and nicotine-free.</p> <p>END. At the end of week 12 you'll complete Nicorette® mini Lozenge therapy.</p> <p>Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using Nicorette® mini Lozenges.</p> <p>BE PREPARED.</p> <p>Since smoking is an addiction, it is hard to quit. Even after you stop, there will be times when you WANT a cigarette, sometimes strongly. (See also section on "Challenges To Watch For"). The best defense is to be prepared.</p> <p>8</p>	<p>Plan now for handling tough times so you don't give in. For example: think about situations when you usually get a craving for cigarettes or where you think you might experience strong cravings. Try to avoid these situations where you can (for example, avoid spending time with smokers, or drinking alcohol, if those things tempt you to smoke).</p> <p>Change your habits. For example, take your coffee break somewhere else. Take a walk. In other words, break the association between your usual habits and cigarettes.</p> <p>If you do encounter a situation where you feel a strong craving, fight it! Take a break from the situation; keep yourself busy or distracted with other activities.</p>
104256XA NRM 2 4mg Mini Loz UG.indd 8	8/19/14 9:02 AM



<p>lower, steady level of nicotine to your blood. When used as directed, Nicorette® mini Lozenges help you regulate, control, and gradually reduce your body's craving for nicotine.</p> <p>The good news is that Nicorette® mini Lozenges contain no tar or carbon monoxide, and therefore don't present the same medical risks as cigarettes.</p> <p>However, the lozenges still deliver nicotine, the addictive ingredient in cigarettes. And for some people the nicotine in Nicorette® mini Lozenges can occasionally cause mouth or throat irritation, headaches, nausea, hiccups, upset stomach or dizziness.</p> <p>USING Nicorette® mini LOZENGES PROPERLY.</p>	<p>Remember, Nicorette® mini Lozenges aren't like ordinary lozenges such as cough drops. This lozenge is designed to deliver nicotine into your system through the lining of your mouth, not in your stomach like most other medicines. It is important to minimize swallowing the dissolved medicine in these lozenges so that it can be properly absorbed in your mouth.</p> <p>Do not use more than one lozenge at a time, or many lozenges one after another since this can cause hiccups, heartburn, nausea or other side effects.</p> <p>Read all the following instructions before using Nicorette® mini Lozenges. Refer to them often to make sure you're using Nicorette® mini Lozenges correctly.</p> <p>IMPORTANT: Don't worry or give up</p>
104256XA NRM 2 4mg Mini Loz UG.indd 10	8/19/14 9:02 AM



if you do not like the taste of the lozenge at first. Nicorette® mini Lozenges are a medication, not a candy. Most people get used to the taste after a day or two. Remember, staying with the plan will help you quit. Begin using Nicorette® mini Lozenges on your quit date.

- 1) Remove the Nicorette® mini Lozenge from the immediate container. Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation.
- 2) Occasionally move the lozenge from one side of your mouth to the other side until completely dissolved.

To reduce cravings or urges to smoke and other withdrawal symptoms, use Nicorette® mini Lozenges according to the following dosage schedule.

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

Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day. At the end of 12 weeks (3 months) you will have completed treatment.

FOR THE BEST CHANCE OF QUITTING, use Nicorette® mini Lozenges on a regular schedule, using at least 9 lozenges a day during the

11



? What is

- A **FREE**, custom-tailored plan to help you break the psychological addiction to smoking.
- Throughout your quit attempt, you will receive personalized advice on how to cope with situations that make you want to smoke.

FREE
INDIVIDUALIZED STOP
SMOKING PROGRAM
**COMMITTED
QUITTERS®**

12

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TO JOIN

FREE
INDIVIDUALIZED STOP
SMOKING PROGRAM
**COMMITTED
QUITTERS®**

Enroll online
at
www.committedquitters.com
or call 1-800-770-0708

and ask for your **FREE** Individualized Stop Smoking Program

- You will be asked a few questions to gain an understanding about you and your specific needs.

13

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these tips to help you resist those urges and stay smoke-free.

The Day You Quit Smoking:

- Look to your family and friends for support. Let them know what to do or avoid doing to help you quit.
- Throw away ALL cigarettes, ashtrays, matches, lighters. You don't need them. You don't want them and you want to make it difficult to go back.
- Keep yourself occupied. Take a walk. See a movie. See friends. Do anything to keep your mind off cigarettes.
- Calculate all the money you'll save by not buying cigarettes. Probably well over \$1,000 a year! \$1,000 a year? Think of what you can spend it on!

16

- Know what situations are going to make you want to smoke. Plan now how you'll avoid them or deal with them so you don't smoke.
- Keep **Nicorette® mini** Lozenges next to your bed so you're prepared when you get up. A lot of people get cravings first thing in the morning.
- Make an appointment to see your dentist and get the tobacco stains cleaned off. While you're getting rid of the evidence of cigarettes in the house, do the same for your teeth. Have clothes or drapes that smell of smoking cleaned.
- Now that your house is smoke-free, try to spend most of your time in smoke-free environments.



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- If you usually smoked with coffee or alcohol, try to keep away from them for now. Remember you are also trying to break a habit.
- Smoking is a “hands-on” habit. So use something else to occupy your hands: a rubber band or a pen.
- Now's a good time to get active. Find activities to take your mind off cigarettes and relax. Take up jogging, swimming, or walking.
- Don't stress out about gaining weight. Dieting now may weaken your efforts to quit smoking. Eat sensibly and exercise daily; drink large quantities of water and fruit juices; this can help your chances of staying smoke-free.

- Laugh. Watch a sitcom. Read a comic book. It really helps.
- REMEMBER: Urges to smoke are temporary. They'll pass, even if you don't smoke.

WHAT YOU CAN EXPECT.

As you are successful at staying smoke-free, initially you will probably notice a few of the following typical withdrawal symptoms, so don't be surprised. Use of **Nicorette® mini** Lozenges reduces these symptoms, but may not eliminate them entirely. They will go away with time. Stay focused on your goal of becoming an ex-smoker. Research shows that if you manage to avoid all smoking in the first week (that means not having a single puff), your chances of success increase dramatically.

17



104256XA NRM 2 4mg Mini Loz UG.indd 17

8/19/14 9:02 AM



The First Few Days. You may feel nervous or irritable or have difficulty concentrating during the first few days after you quit smoking. Your body needs time to regain balance. Initially, you might feel a little out of sorts, get headaches, feel light-headed, or have trouble sleeping. Your smoker's cough may get worse before it improves. But fear not, it's a positive sign. Coughing helps clean your lungs of the tar residue you got from smoking.

After a Couple of Weeks. Your confidence and ability to cope with urges to smoke should be getting stronger. But don't be over-confident and think you can smoke just one cigarette. Even now, having even a single puff can lead to a return to smoking cigarettes regularly. Be prepared, and remember why you wanted to stop smoking.

Have you noticed that your sense of taste and smell has improved? You are probably coughing less and finding it easier to breathe. You've also probably noticed your withdrawal symptoms are subsiding (though don't worry if they're still there; they last longer for some people). These are all positive signs that your body is getting used to your success at stopping smoking.

By The End of The First Month. You are less likely to have cravings for cigarettes as often. However sudden cravings may still happen, and when they do, be on your guard, as they can be strong and seem to come out of the blue. Be prepared for these challenging times. The key is do what you can so these unexpected cravings can't beat you. Keep focused on the ways non-smokers are more attractive than



104256XA NRM 2 4mg Mini Loz UG.indd 18

8/19/14 9:02 AM



smokers. Their breath smells better. Their clothes and hair are fresher. Their teeth are cleaner and brighter. Their skin is less likely to wrinkle. Not smoking around children and your friends is also healthier for them too.

What If You Do Slip And Smoke?

“What if I relapse?” One cigarette is a slip-up, but it’s not the end of the quit effort. Everybody slips at something. The key is this: forgive yourself and stop at that one cigarette. Don’t let this slip ruin your good intentions, keep at your quit attempt. So, throw out your cigarettes and continue with your quit attempt, keeping in mind what went wrong and led to the slip.

If you do go back to smoking, certainly don’t throw out your **Nicorette® mini**

Lozenges. Keep them for the next time you’re ready to quit. In fact research says that even if you are back to smoking regularly the best thing you can do is learn and try again.

Try to understand the reason you had those cigarettes that made you slip. That’s important, because now you can plan better to deal with these moments next time. It’s true you stumbled, but don’t think of yourself as having failed. Encourage yourself by treating the last attempt as a learning experience, even a “trial run” for the real thing.

Take a look at the usage instructions and check that you used the **Nicorette® mini** Lozenges correctly and for the full 12 weeks of the program. When you try again make sure you use enough and the right way. That way you’ll be best equipped to





deal with the unexpected cravings.
Don't forget; quitting isn't easy and it takes practice to do anything. Stopping smoking is no different.

YOU'VE MADE IT.

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

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

Think of what you're going to do with

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

FREQUENTLY ASKED QUESTIONS.

1. When I stop smoking and start using Nicorette® mini Lozenges how will I feel?
Nicorette® mini Lozenges help reduce cravings, but be prepared for some nicotine withdrawal symptoms. After you stop smoking they can begin almost at once and are normally at their strongest during the first three or four days. For some people, any of the following may occur:



104256XA NRM 2 4mg Mini Loz UG.indd 20

8/19/14 9:02 AM



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

Nicorette® mini Lozenges are designed to reduce the craving for nicotine you used to satisfy with cigarettes.

Nicorette® mini Lozenges can also help provide relief from other withdrawal symptoms such as irritability and nervousness.

2. Are Nicorette® mini Lozenges just swapping one type of nicotine addiction for another?

Nicorette® mini Lozenges do contain nicotine, however there is probably less nicotine in your daily dose of lozenges than in your cigarettes.

Nicorette® mini Lozenges give you enough nicotine to help you combat the physical withdrawal symptoms so you can cope with the mental side of stopping smoking. Also, since the nicotine from the lozenges goes into your blood stream more slowly, it produces less of the effects of nicotine that people find rewarding. In fact, when used as directed in the 12 week program, **Nicorette® mini** Lozenges gradually wean you off your dependence for both nicotine and cigarettes.

3. Can Nicorette® mini Lozenges do any harm?

21



104256XA NRM 2 4mg Mini Loz UG.indd 21

8/19/14 9:02 AM

Some people with conditions like heart disease or people taking prescription medicine for asthma or depression should not use this product without talking to their doctor—check the IMPORTANT WARNINGS on page 5. You may also experience side effects such as hiccups, mouth or throat irritation, heartburn or other stomach problems such as nausea especially if **Nicorette® mini** Lozenges are chewed or swallowed. In any case, **Nicorette® mini** Lozenges do not contain the tar, carbon monoxide, and other toxins present in cigarette smoke.

4. Will I put on weight?
In the first couple of months after quitting smoking, some people do put on a few pounds. But think of it this way. Overall, you'll be healthier and

look better. You can always tackle your weight by changing your diet and increasing the amount you exercise once you have gotten through the difficult part of stopping smoking.

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

6. What if I have a cigarette and start smoking?
Don't panic. First, don't think badly of

104256XA NRM 2 4mg Mini Loz UG.indd 22

8/19/14 9:02 AM



yourself. Throw away your cigarettes and forgive yourself. Then think about what went wrong and get back on track. In fact people who have already tried to stop smoking are more likely to be successful the next time.

CHALLENGES TO WATCH FOR.

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

Stress and upset.

When you are feeling stressed or upset, you may think a cigarette will make everything better. It won't. Find other ways to relax and unwind.

The blues.

You may be especially vulnerable when you feel bored or blue.

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

Smoking cues.

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

Alcohol.

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

Automatic slips.

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





APPEARS THIS WAY ON ORIGINAL



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8/19/14 9:02 AM

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26

**PLACE THESE REMINDERS ON
YOUR CALENDAR:**

AT BEGINNING OF WEEK #1
(QUIT DATE)

AT BEGINNING OF WEEK #7



AT BEGINNING OF WEEK #10

12 WEEKS AFTER QUIT DATE

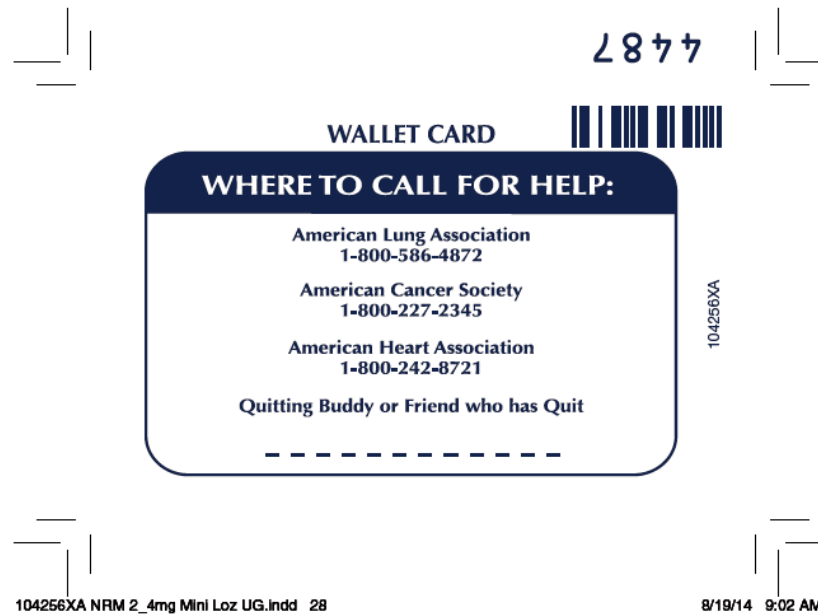
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WALLET CARD

My most important reasons to quit smoking are:

1042553A NRM 2 4mg Mini Loz 11G incld 27

8/19/14 9:02 AM



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

/s/

THERESA M MICHELE
04/16/2015