Drug Facts

Active ingredient 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.

Do not use
- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products
- if you smoke less than 25 cigarettes a day; if you smoke 25 or more cigarettes a day; if you smoke more than 1 cigarette at a time
- if you smoke 25 or more cigarettes a day; if you smoke more than 1 cigarette at a time
- if you smoke completely when you begin using the gum
- if you smoke 25 or more cigarettes a day; use 4mg nicotine gum
- if you smoke less than 25 cigarettes a day; use according to the following 12 week schedule:

1. Chew 1 piece every 1 to 2 hours
2. Chew 1 piece every 2 to 4 hours
3. Chew 1 piece every 4 to 8 hours

INACTIVE INGREDIENTS: Acacia, acesulfame potassium, calcium carbonate, magnesium oxide, aspartame, acesulfame potassium, carnauba wax, citric acid, sodium citrate, sodium saccharin, sorbitol, tricalcium phosphate, titanium dioxide, xylitol, peppermint oil, menthol.

For use with a support program. Get help now. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.committedquitters.com.

Questions or comments? Call 1-800-419-4766 weekdays (8:30 a.m. - 4:30 p.m. EST)

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. Stop using the nicotine gum at the end of 12 weeks. If you still feel the need to use nicotine gum, talk to your doctor.

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 60, sodium bicarbonate, sodium carbonate, sucrose, titanium dioxide, xylitol.
Drug Facts

Inactive ingredients: 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 1-800-419-4766.

TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough - Chew at least 2 pieces of Nicorette at a time.
4. Use with a support program as directed in the enclosed User's Guide.

FREE Audio CD upon request. See inside.

Nicorette nicotine polacrilex gum, 4mg STOP SMOKING AID

FOR THOSE WHO SMOKED 25 OR MORE CIGARETTES A DAY

4mg COATED GUM

100 PIECES, 4mg EACH

STOP SMOKING AID

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