



© 2011

**Do not use this aid if you are under 18 years of age or if you are pregnant or breastfeeding.**

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

**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. Nicotine replacement aid.
2. Use a **Commit** - Use at least 8 lozenges of Commit per day during the first 12 weeks.
3. Use a **Commit** - Use a **Commit** for the first 12 weeks.
4. Use a **Commit** - Use a **Commit** as directed in the attached Quit Guide.

**Commit POPPAC**



**FOR BEST RESULTS, HOLD THE POPPAC IN YOUR MOUTH FOR 10 MIN.**

**COMMIT COMMITTED TO YOUR SUCCESS** and associated logo design and overall look design are trademarks owned by Janssen-Cilindro, a Division of Janssen Pharmaceutica, Inc.

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Nos. 7,812,100; 7,812,101; 7,812,102; 7,812,103; 7,812,104; 7,812,105; 7,812,106; 7,812,107; 7,812,108; 7,812,109; 7,812,110; 7,812,111; 7,812,112; 7,812,113; 7,812,114; 7,812,115; 7,812,116; 7,812,117; 7,812,118; 7,812,119; 7,812,120; 7,812,121; 7,812,122; 7,812,123; 7,812,124; 7,812,125; 7,812,126; 7,812,127; 7,812,128; 7,812,129; 7,812,130; 7,812,131; 7,812,132; 7,812,133; 7,812,134; 7,812,135; 7,812,136; 7,812,137; 7,812,138; 7,812,139; 7,812,140; 7,812,141; 7,812,142; 7,812,143; 7,812,144; 7,812,145; 7,812,146; 7,812,147; 7,812,148; 7,812,149; 7,812,150; 7,812,151; 7,812,152; 7,812,153; 7,812,154; 7,812,155; 7,812,156; 7,812,157; 7,812,158; 7,812,159; 7,812,160; 7,812,161; 7,812,162; 7,812,163; 7,812,164; 7,812,165; 7,812,166; 7,812,167; 7,812,168; 7,812,169; 7,812,170; 7,812,171; 7,812,172; 7,812,173; 7,812,174; 7,812,175; 7,812,176; 7,812,177; 7,812,178; 7,812,179; 7,812,180; 7,812,181; 7,812,182; 7,812,183; 7,812,184; 7,812,185; 7,812,186; 7,812,187; 7,812,188; 7,812,189; 7,812,190; 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03  
LOT

**Do not use if you are under 18 years of age or pregnant or breastfeeding. Do not use if you are allergic to nicotine or if you are allergic to any of the ingredients listed on the label.**

**DAMPER EVIDENT FEATURE: Do not use if clear neckband printed "SEALED FOR YOUR PROTECTION" is missing or broken. Rotate outer carton for full product use. If the carton and tamper-evident feature are missing, do not use.**

**TO INCREASE YOUR SUCCESSFUL QUITTING:**

1. The nicotine level is 4 mg.
2. Use Commit® - Use at least 10 lozenges of Commit® per day during the first 10 weeks.
3. Use Long Commit® - Use Commit® for the full 10 weeks.
4. Use Nicotine Support Patches to reduce the amount of nicotine you use.

**Commit® POPPAQ™**



**Put in each cigarette pack the POPPAQ™ with the filter.**

**Put in the top of the POPPAQ™ with the filter.**

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COMMITTED TO YOUR SUCCESS™ is a trademark of Lorain Corporation, L.P. Made in the USA. 100% Nicotine Free. 100% Nicotine Free.

**Drug Facts**

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

**Purpose(s)** Stop smoking aid

**Use** - relieves withdrawal symptoms, including nicotine craving, associated with quitting smoking.

**Warnings**  
If you are pregnant or breast-feeding, or you are taking or plan to take any medicine, ask your doctor before using this product. Smoking can increase heart pressure. Try to stop smoking without using any form of nicotine replacement. This medicine is helpful to be able to stop smoking. However, this risks to your child from the medicine should be known.

**Do not use**  
- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing product.

**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 raise your blood pressure.  
- stomach ulcer or diabetes.

**Ask a doctor or pharmacist before use if you are**  
- taking prescription medicine for depression or anxiety. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**  
- mouth problems occur  
- persistent indigestion or nausea occur  
- tingling, numbness or pain in the mouth  
- you get symptoms of nicotine overdose such as nausea, vomiting, diarrhea, dizziness, weakness and rapid heartbeat.

**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 lozenges, wrap them in paper and throw away 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 attached Start's Guide for complete directions and other important information.  
- Stop smoking completely when you begin using the lozenges.  
- If you smoke on the first cigarette, use two 20 mg lozenges a day during the first 10 weeks.  
- If you smoke on the first cigarette, use one 20 mg lozenge a day during the second 10 weeks.

**Drug Facts (continued)**

Compare according to the following 10-week schedule:

Week	Day 1-7	Day 8-14	Day 15-21	Day 22-28
1	2 lozenges every 2 hours	2 lozenges every 4 hours	1 lozenge every 4 hours	1 lozenge every 6 hours
2	2 lozenges every 4 hours	1 lozenge every 4 hours	1 lozenge every 6 hours	1 lozenge every 8 hours
3	1 lozenge every 4 hours	1 lozenge every 6 hours	1 lozenge every 8 hours	1 lozenge every 10 hours
4	1 lozenge every 6 hours	1 lozenge every 8 hours	1 lozenge every 10 hours	1 lozenge every 12 hours
5	1 lozenge every 8 hours	1 lozenge every 10 hours	1 lozenge every 12 hours	1 lozenge every 14 hours
6	1 lozenge every 10 hours	1 lozenge every 12 hours	1 lozenge every 14 hours	1 lozenge every 16 hours
7	1 lozenge every 12 hours	1 lozenge every 14 hours	1 lozenge every 16 hours	1 lozenge every 18 hours
8	1 lozenge every 14 hours	1 lozenge every 16 hours	1 lozenge every 18 hours	1 lozenge every 20 hours
9	1 lozenge every 16 hours	1 lozenge every 18 hours	1 lozenge every 20 hours	1 lozenge every 22 hours
10	1 lozenge every 18 hours	1 lozenge every 20 hours	1 lozenge every 22 hours	1 lozenge every 24 hours

**Other Information**  
Each lozenge made in the U.S. using 100% nicotine free tobacco. See nicotine content from light.

**How to Use**  
Place the lozenge in your mouth and allow the lozenge to slowly dissolve (about 20-30 minutes). Minimum swallowing. Do not chew or swallow lozenge.  
You may have some oral tingling, numbness or tingling sensation. Nicotine may increase your heart rate. To improve your chance of quitting, use at least 10 lozenges per day for the first 10 weeks. Avoid use more than one lozenge at a time or within 15 minutes of eating. Do not use if you are taking any other nicotine replacement therapy, nicotine patch, or other nicotine products.  
**Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.** Stop using the nicotine lozenge at the end of 10 weeks. If you continue to smoke, use a nicotine lozenge, talk to your doctor.

**Other Information**  
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EAS TAGGED

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**FROM THE MASTERS OF Nicorette®**

**NEW CHERRY FLAVOR**

**Commit®**  
nicotine polacrilex lozenge 4mg  
**STOP SMOKING AID**

**4 mg**

**48 LOZENGES**  
(2 POPPAQ™  
containers of 24)  
4mg EACH

**GLUE FLAP - NO COPY OR VARNISH**





In case of overdose, get medical help or contact a Poison Control Center right away.

Retain outer carton for full product uses, directions and warnings. Discard after use.

**24 LOZENGES**

**Tamper Evident Feature:** Do not use if clear neckband printed "SEALED FOR SAFETY" is missing or broken.

Distributed By:  
GlaxoSmithKline Consumer Healthcare, L.P.  
Moon Township, PA 15108  
Made in the U.S.A.  
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Push in child resistant band on the POPPAC™ with thumb.



Flip up the top of the POPPAC™ and remove lozenge.



**POPPAC™**

**Commit®**

nicotine polacrilex lozenge, 2mg  
**STOP SMOKING AID**

**CHERRY FLAVOR**

**Directions:** *Not for Individual Sale*

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

Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20 – 30 minutes). Do not eat or drink 15 minutes before using or while the lozenge is in your mouth. Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.

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.



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Flip up the top of the POPPAC™ and remove lozenge.



**POPPAC™**

# Commit®

nicotine polacrilex lozenge, 4mg  
**STOP SMOKING AID**

**CHERRY FLAVOR**

**Directions:** *Not for Individual Sale*

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 6 hours

Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20 – 30 minutes). Do not eat or drink 15 minutes before using or while the lozenge is in your mouth.

Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day. 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.

