

NO COPY AREA

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

36



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.**

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

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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, 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)

Nicorette
Cinnamon Surge™ Gum

100 PIECES, 2mg EACH

Cinnamon Surge™

Coated FOR BOLD FLAVOR



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

2mg

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

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 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.

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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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

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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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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, 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)

Nicorette
Fruit Chill™ Gum

100 PIECES, 2mg EACH

Fruit Chill™

Coated
FOR BOLD FLAVOR



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

2mg

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.

NDC 0135-0241-02

100 PIECES, 2mg EACH



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 INCREASE YOUR SUCCESS IN QUITTING:

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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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

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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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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)

Nicorette®
Fresh Mint™ Gum

100 PIECES, 2mg EACH

Fresh Mint™

Coated FOR BOLD FLAVOR



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

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.

NDC 0193-0225-02

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 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.

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NO COPY AREA

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.

Do not use
 • if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
 • stop smoking completely when you begin using the gum
 • 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. 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.

EAS Tagged

60



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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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 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)

Nicorette
 Spearmint Burst™
 with a hint of chamomile



TO INCREASE YOUR SUCCESS IN QUITTING:
100 PIECES, 2mg EACH

OPEN HERE

NO COPY AREA

Drug Facts

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

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
• stop smoking completely when you begin using the gum
• 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. 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.

EAS Tagged

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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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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
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)

Nicorette
White Ice Mint® Gum

100 PIECES, 2mg EACH

White Ice Mint®

Coated FOR BOLD FLAVOR



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

2mg

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

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 per day during the first six weeks.
3. Use Long Enough - Use Nicorette for the full 12 weeks.
4. Use with support program as directed in the enclosed User's Guide.

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NO COPY AREA

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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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.

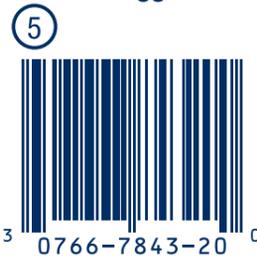
Directions

• **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
• stop smoking completely when you begin using the gum
• **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. 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.

EAS Tagged



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.**

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Free Audio CD upon request. See inside.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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)

Nicorette
Mint Gum

110 PIECES, 2mg EACH

Mint



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

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



NDC 0135-0229-04

110 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 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.

OPEN HERE

NO COPY AREA

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.

Do not use
• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
• stop smoking completely when you begin using the gum
• 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. 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.

EAS Tagged



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
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Moon Township, PA 15108
Made in Sweden

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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)

Nicorette
Original Gum

110 PIECES, 2mg EACH

Original

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



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

NDC 0195-0157-07

110 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 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.

OPEN HERE

NDC 0135-0466-08

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.

Do not use
 • if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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

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 0766-7859-24 9

NDC 0135-0466-08

Nicorette®

Gum

20 PIECES, 2mg EACH

(1 Pocket Pack of 20)

Sensormatic Tag

No Copy

Checkpoint Tag

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough** - Chew **at least 9 pieces** of Nicorette per day during the first six weeks.
- Use Long Enough** - Use Nicorette for the full 12 weeks.
- 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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

Reference ID: 3087659

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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

Nicorette[®]

Gum

20 PIECES, 2mg EACH

(1 Pocket Pack of 20)

Sensormatic Tag

No Copy

Checkpoint Tag

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.

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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

Drug Facts

Active ingredient (in each chewing piece) Purpose
Nicotine polacrifex (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

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.

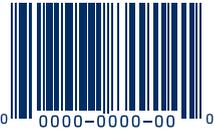
Stop use and ask a doctor if

• 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

NDC 0000-0000-00

Nicorette[®]
Gum **20 PIECES, 2mg EACH**
(1 Pocket Pack of 20)

No Copy

INSIDE COPY

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.

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.

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Reference ID: 3084659

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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 0766-7771-00 8

Nicorette®

Gum

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

Sensormatic Tag

No Copy

Checkpoint Tag

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.

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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

NDC 0135-0474-08

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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

Nicorette[®]

Gum

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

Sensormatic Tag

No Copy

Checkpoint Tag

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.

How To Open the Nicorette Gum Pocket Pack



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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

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, tear off single unit.



Peel off backing, starting at corner with loose edge.



Push gum through foil.

**100 PIECES,
4mg EACH**

NDC 0135-0467-02

Nicorette[®]

nicotine polacrilex gum, 4mg • stop smoking aid

Gum



**Coated
FOR BOLD FLAVOR**

Cinnamon Surge[™]

100 PIECES, 4mg EACH

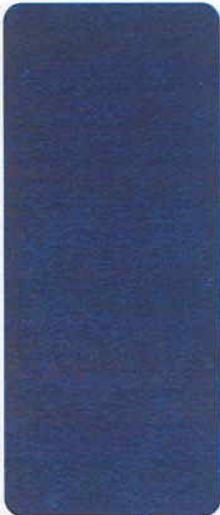
**4
mg**

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

Nicorette[®]

Cinnamon Surge[™] Gum



THEFT SURVEILLANCE TAG AREA

PLACE
ANTI-THEFT
STICKER
HERE

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, 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)

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- **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. 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.

EAS Tagged

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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

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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.

NO COPY AREA

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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- **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. 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.

EAS Tagged

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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.**

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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.

THEFT SURVEILLANCE TAG AREA

PLACE
ANTI-THEFT
STICKER
HERE

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, 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

100 PIECES, 4mg EACH

Coated
FOR BOLD FLAVOR
Fruit Chill™



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

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



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 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.

OPEN HERE

NO COPY AREA

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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

22



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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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

100 PIECES, 4mg EACH

Fresh Mint™

Coated FOR BOLD FLAVOR



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.



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

NDC 0135-0226-02

100 PIECES, 4mg EACH



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.

OPEN HERE

NO COPY AREA

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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

(61)



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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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, 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



- 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.

OPEN HERE

NO COPY AREA

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.

Do not use
 • if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
 • stop smoking completely when you begin using the gum
 • 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. 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.

EAS Tagged

45



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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

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

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

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

4mg

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 per day during the first six weeks.
 - Use Long Enough - Use Nicorette for the full 12 weeks.
 - Use with a support program as directed in the enclosed User's Guide.

OPEN HERE

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 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, tear off single unit.



Peel off backing, starting at corner with loose edge.



Push gum through foil.

**110 PIECES,
4mg EACH**

NDC 0135-0158-07

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

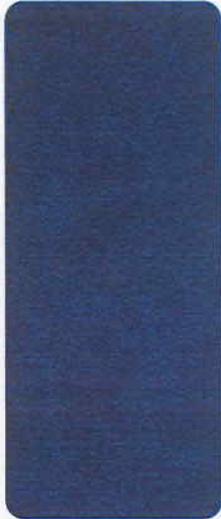


Original

110 PIECES, 4mg EACH

Nicorette[®]

Original Gum



THEFT SURVEILLANCE TAG AREA

PLACE
ANTI-THEFT
STICKER
HERE

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)

Drug Facts

Active ingredient (in each chewing piece)

Nicotine polacrilex (equal to 4mg nicotine) Stop smoking aid

Purpose

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

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

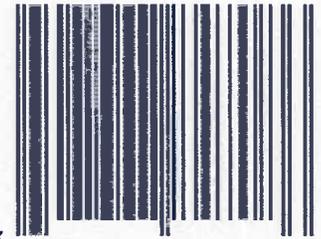
- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- stop smoking completely when you begin using the gum
- if you smoke your first cigarette more than 30 minutes after waking 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. 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.

EAS Tagged

3



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.

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Moon Township, PA 15108
Made in Sweden

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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.

NO COPY AREA

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.

Do not use

• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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
- stop smoking completely when you begin using the gum
- 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. 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.

EAS Tagged

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.

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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.

THEFT SURVEILLANCE TAG AREA

PLACE ANTI-THEFT STICKER HERE

Drug Facts (continued)

Other information

- each piece contains: calcium 94mg, sodium 14mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, D&C yellow #10 Al. lake, gum base, magnesium oxide, menthol, peppermint oil, sodium carbonate, xylitol

Questions or comments?

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

Nicorette
Mint Gum

110 PIECES, 4mg EACH

Mint



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



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

NDC 0135-2030-04

110 PIECES, 4mg EACH



enclosed User's Guide.

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 INCREASE YOUR SUCCESS IN QUITTING:

OPEN HERE

OUTSIDE COPY

NDC 0135-0467-08

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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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



Nicorette[®]
Gum **20 PIECES, 4mg EACH**
(1 Pocket Pack of 20)

Sensormatic Tag

No Copy

Checkpoint Tag

INSIDE COPY

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.

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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

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.

Do not use
• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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

NDC 0135-0242-08

Nicorette®

Gum

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

Sensormatic Tag

No Copy

Checkpoint Tag

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough** - Chew at least **9 pieces** of Nicorette per day during the first six weeks.
- Use Long Enough** - Use Nicorette for the full 12 weeks.
- 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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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, 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 polacriflex (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.

Do not use
 • if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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

NDC 0000-0000-00

Nicorette[®]
Gum **20 PIECES, 4mg EACH**
 (1 Pocket Pack of 20)

No Copy

INSIDE COPY

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.

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.

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Reference ID: 3084659

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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
- stop smoking completely when you begin using the gum
- 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. 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 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)

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.

Do not use
 • if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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



Nicorette®

Gum

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

Sensormatic Tag

No Copy

Checkpoint Tag

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.

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.

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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
- stop smoking completely when you begin using the gum
- 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. 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 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) 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.

Do not use
• if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

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)

Sensormatic Tag

No Copy

Checkpoint Tag

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.

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
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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
- stop smoking completely when you begin using the gum
- 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. 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 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, 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)

Reference ID: 3084659

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE) AT THE BEGINNING OF WEEK #7

STEP 1
1 piece every 1 to 2 hours

STEP 2
1 piece every 2 to 4 hours

STEP 3
1 piece every 4 to 8 hours

EX-SMOKER

AT THE BEGINNING OF WEEK #10 12 WEEKS AFTER QUIT DATE

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.
- 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 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. 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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products.

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 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 quit smoking cigarettes entirely and 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. **Nicorette** Gum should not be used for longer than twelve weeks. 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 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, 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.

- 1) Stop smoking completely before you start using **Nicorette** Gum.
- 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) "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.

A Personal Invitation to Join brought to you by

Nicorette[®] Gum



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 9

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)

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Read and follow label directions

©2011 GlaxoSmithKline

WALLET CARD

My most important reasons to quit smoking are:

Vertical lines for writing reasons to quit smoking.

XX000000



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

- 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.)
- 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 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.
- 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.

STOP USING NICORETTE GUM AT THE END OF WEEK 12.

The following tips may help you with stopping **Nicorette** Gum at the end of 12 weeks.

- 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 if you:

- still feel the need to use **Nicorette** Gum at the end of week 12
- 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.



WHAT TO EXPECT.

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

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 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 those years you may have added to your life, and what you might 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. Remember, don't use **Nicorette** Gum together with nicotine patches or other nicotine containing products.

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. Check the SOME IMPORTANT WARNINGS section on the front of this leaflet.

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!



Quitting Tips

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.

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.

Use this sample of the **Stop Smoking Plan** to get you through the first week until your materials arrive.

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.		

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

*Carry this calendar with you.

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.

American Heart Association
1-800-242-8721

American Cancer Society
1-800-227-2345

American Lung Association
1-800-586-4872

WHERE TO CALL FOR HELP:

WALLET CARD

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PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE) AT THE BEGINNING OF WEEK #7

STEP 1
1 piece every 1 to 2 hours

STEP 2
1 piece every 2 to 4 hours

STEP 3
1 piece every 4 to 8 hours

EX-SMOKER

AT THE BEGINNING OF WEEK #10 12 WEEKS AFTER QUIT DATE

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.
- 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)

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 quit smoking cigarettes entirely and 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. **Nicorette** Gum should not be used for longer than twelve weeks. 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 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, 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.

- 1) Stop smoking completely before you start using **Nicorette** Gum.
- 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) "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.

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. 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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products.

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 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**

A Personal Invitation to Join brought to you by

Nicorette[®] Gum

FREE INDIVIDUALIZED STOP SMOKING 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 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 9 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)

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Read and follow label directions

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WALLET CARD

My most important reasons to quit smoking are:

XX00000

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

- 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.)
- 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 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.
- 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.

STOP USING NICORETTE GUM AT THE END OF WEEK 12.

The following tips may help you with stopping **Nicorette** Gum at the end of 12 weeks.

- 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 if you:

- still feel the need to use **Nicorette** Gum at the end of week 12
- 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.

WHAT TO EXPECT.

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

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 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. 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. Remember, don't use **Nicorette** Gum together with nicotine patches or other nicotine containing products.

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. Check the SOME IMPORTANT WARNINGS section on the front of this leaflet.

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!



Quitting Tips

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.

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.

Use this sample of the Stop Smoking Plan to get you through the first week until your materials arrive.

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.		

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

*Carry this calendar with you.

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.

American Heart Association
1-800-242-8721

American Cancer Society
1-800-227-2345

American Lung Association
1-800-586-4872

WHERE TO CALL FOR HELP:

WALLET CARD

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



FREE
INDIVIDUALIZED STOP
SMOKING PROGRAM
**COMMITTED
QUITTERS**[®]
VISIT COMMITTEDQUITTERS.COM



**HOW TO USE NICORETTE GUM
TO HELP YOU QUIT SMOKING.**

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(See insert)



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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.
- 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)

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SO YOU DECIDED TO QUIT.

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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 back cover of this User's Guide.

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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

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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.

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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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products.

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

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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)

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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 quit smoking cigarettes entirely and 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.

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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.

Nicorette Gum should not be used for longer than twelve weeks. Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" sticker on your calendar.

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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,

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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.

- 1) Stop smoking completely before you start using **Nicorette** Gum.
- 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.)

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- 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.)

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- 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

A Personal
Invitation to Join
brought to you by
Nicorette[®]
Gum
FREE
INDIVIDUALIZED STOP
SMOKING PROGRAM
**COMMITTED
QUITTERS**[®]
VISIT COMMITTEDQUITTERS.COM



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.

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

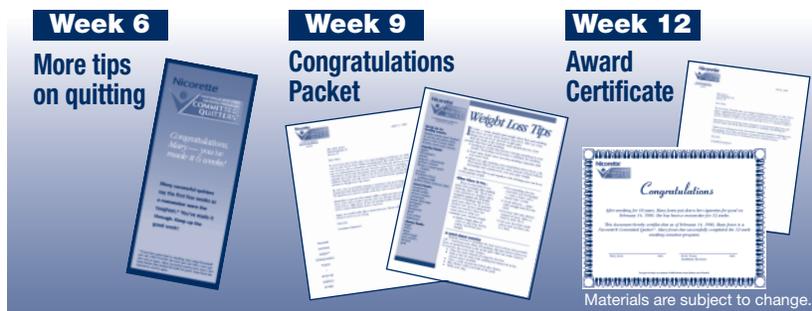
Newsletter
with stories
from other
successful
quitters



Week 3

Motivational
postcard





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.

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.

- 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.

*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

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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:

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- 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.

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- 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.

STOP USING NICORETTE GUM AT THE END OF WEEK 12. The following tips may help you with stopping **Nicorette** Gum at the end of 12 weeks.

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

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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 if you:

- still feel the need to use **Nicorette** Gum at the end of week 12
- 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.



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

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.

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

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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.

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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. Remember, don't use **Nicorette** Gum together with nicotine patches or other nicotine containing products.

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	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

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**WALLET
CARD**

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

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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



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



FREE
INDIVIDUALIZED STOP
SMOKING PROGRAM
**COMMITTED
QUITTERS**[®]
VISIT COMMITTEDQUITTERS.COM



**HOW TO USE NICORETTE GUM
TO HELP YOU QUIT SMOKING.**

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(See insert)



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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.
- 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)

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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.

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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 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.

Do not use

- if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products.

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 (such as difficulty breathing or rash)

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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 quit smoking cigarettes entirely and 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.

Nicorette Gum should not be used for longer than twelve weeks. Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" sticker on your calendar.

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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,

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.

- 1) Stop smoking completely before you start using **Nicorette** Gum.
- 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.)

- 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.)

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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

A Personal
Invitation to Join
brought to you by

Nicorette[®]
Gum



**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[®]
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.

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





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.

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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.

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.

TIPS

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

- 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.

*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)**

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Read and follow label directions

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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.

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- 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.

STOP USING NICORETTE GUM AT THE END OF WEEK 12. The following tips may help you with stopping **Nicorette** Gum at the end of 12 weeks.

- 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 if you:

- still feel the need to use **Nicorette** Gum at the end of week 12
- 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.

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

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.

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

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.

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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. Remember, don't use **Nicorette** Gum together with nicotine patches or other nicotine containing products.

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	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

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**WALLET
CARD**

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

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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



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