TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough - Chew at least 9 pieces of Nicorette gum per day during the first 3 to 6 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 up on side.
2. Pull up forcefully, pulling open box.
3. Dispense Nicorette Gum and follow dosing instructions.

Drug Facts
Active Ingredient (in each chewing piece): Purpose: Nicotine polacrilex (as free base) 2 mg
Stop smoking aid: Reduces withdrawal symptoms, including nicotine craving associated with quitting smoking.

Warnings:
If you are pregnant or breast-feeding, ask your healthcare provider. Nicotine can enter your body if you smoke while pregnant. Nicotine can harm your child. Nicotine may cause harm if swallowed by a child. Do not use a child’s medica...
TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough - Chew at least 8 pieces of Nicorette gum per day during the first six weeks.
3. Use Long Enough - Use Nicorette gum for the full 12 weeks.
4. Use with a support program as directed in the enclosed User’s Guide.

How To Open the Nicorette Gum Pocket Pack

1. Gently push tab on side.

2. Push up forcefully, pulling open package.

Dispense Nicorette Gum and follow dosing instructions.

For more information and to request a FREE individually customized stop smoking program, please visit www.nicorette.com or see inside for more details.

Nicorette® Gum is used to help reduce cravings and urges to smoke. It is not intended for use as a smoking cessation therapy without the help of a clinician. See enclosed User’s Guide for more information.

Drug Facts
Active ingredient (in each chewing piece)” Purpose
Nicotine polyethylene-base (2 mg) - To help reduce cravings and urges to smoke.

How to Use
• No more than 24 pieces daily
• Chew 1 piece every few hours

Dosage and Administration
• Follow the directions to determine appropriate dose

Warnings
If you are pregnant or breast-feeding, only use this product as directed by a health care provider. Smoke can seriously harm your child. This drug may be harmful if swallowed. Keep this product out of reach of children and pets. In case of medical emergency, call 1-888-NICARETTE (1-888-642-2738) or go to nicorette.com.

Drug Interactions
• Using nicotine with other smoking products
• Drug interactions may occur with medicines for high blood pressure or other heart problems

Other Information
• Nicorette® Gum contains soy lecithin and citric acid.
• Store at room temperature.
• For free trial offer request see inside.

NIORETT® is a registered trademark and the NICORETTE brand design and logo are owned by R. J. Reynolds Tobacco Company, an operating affiliate of R.J. Reynolds Investments, Inc. A member of the R.J. Reynolds family of companies.

Questions or comments? Call toll free in U.S. 1-888-NICARETTE (1-888-642-2738) or visit www.nicorette.com.

References:
Drug Facts
Active ingredient (in each chewing piece) Purpose
Nicotine (2 mg) - A nicotine replacement system to help you quit smoking
Use - reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings
If you are pregnant or breastfeeding, only use this medication on the advice of your health care provider. Smoking can seriously hurt your baby. To stop smoking without using any nicotine replacement medication, this medication is believed to be safer than smoking. However, the risk to your child from this medication is not fully known.
Do not use:
• if you continue to smoke, chew tobacco, snuff, or use a nicotine patch or other nicotine containing products

Ask a doctor before you use
• if you have a heart attack, stroke, or heart rhythm disorder. Nicotine can increase your heart rate, blood pressure, and the risk of heart attack or stroke. If you have heart problems or a heart condition, nicotine may make it worse.
• if you have a lung disorder, such as chronic obstructive pulmonary disease (COPD), asthma, or bronchitis, or if you have a heart valve problem or a history of heart disease

Ask a doctor or pharmacist before use if you are:
• taking any prescription or nonprescription medication, including herbal or dietary supplements or anything purchased over the internet or through a mail order service. These products may interact with nicotine and cause serious side effects.
• pregnant or breast-feeding

Tell your doctor or pharmacist if you are:
• taking any prescription or nonprescription medication, including herbal or dietary supplements or anything purchased over the internet or through a mail order service. These products may interact with nicotine and cause serious side effects.
• pregnant or breast-feeding

Side effects
Most people who use nicotine gum will experience chewing discomfort, such as a sore mouth, throat, or gums. This discomfort may be reduced by chewing less frequently, using a smaller amount, or chewing without chewing the gum. Some people experience nausea or vomiting after using this medication.

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 driving instructions.

For more information and for a FREE individualized step by step smoking program, please visit www.nicorette.com or call 1-888-NICORETTE (642-6738) for more details.

Free Audio CD upon request. See inside.


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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 Peel off backing, Push the gum, starting at tear off corner with loose edge.

100 PIECES, 4mg EACH

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

Cinnamon Surge™

100 PIECES, 4mg EACH

Nicorette® Cinnamon Surge™ Gum

Reference ID: 3084533
Reference ID: 3087459
**Drug Facts**

**Active ingredient (in each chewing piece):**

- 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)

**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:

<table>
<thead>
<tr>
<th>Weeks 1 to 6</th>
<th>Weeks 7 to 9</th>
<th>Weeks 10 to 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 piece every 1 to 2 hours</td>
<td>1 piece every 2 to 4 hours</td>
<td>1 piece every 4 to 8 hours</td>
</tr>
</tbody>
</table>

- 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.

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 | Chewing Gum | TO BE TOOLS FOR USE IN STOPPING OR REDUCING THE FREQUENCY OF SMOKING | STOP USING IF YOU ARE SMOKING MORE THAN YOU ORIGINALLY INTENDED TO OR IF YOU BECOME DEPENDENT ON NRT |

**Warning**

- If you are exposed to smoke, use nicotine gum or nicotine patches to help you stop smoking.
- If you are a child, a pregnant woman, or a person with lung problems, do not use this product.
- Stop using this product if you become dependent on it.
- Do not use more than 2 pieces at a time.

**Storage**

- Store in a cool, dry place.
- Do not put in the refrigerator or freezer.
- Do not use if the package is damaged.

**Directions**

- Place one piece of nicotine gum in your mouth.
- Chewing helps release nicotine into your bloodstream.
- Remove the gum from your mouth when you feel satisfied.

**Cautions: Do not use**

- If you have a known or suspected history of heart disease.
- If you are pregnant or breastfeeding.
- If you have any other medical conditions.

**Questions or Comments?**

- Contact: 1-800-211-9479 (U.S. and Canada) or 1-410-380-4015 (Europe and other countries)

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**Nicorette**

**Spearment Burst**

**with a hint of cherry**

**Not for sale to those under 18 years of age.**

**For use with nicotine gum or nicotine patches to help you stop smoking.**

**For more information and to request free samples, please visit www.nicorette.com or call 1-800-211-9479.**

**New in August 2007**

**Nicorette CQ Metic**

**with a hint of mint**

**not for sale to those under 18 years of age.**

**For use with nicotine gum or nicotine patches to help you stop smoking.**

**For more information and to request free samples, please visit www.nicorette.com or call 1-800-211-9479.**

**New in August 2007**

**Nicorette Gum**

**4mg**

**to help you quit smoking**

**as directed by your healthcare provider.**

**100 Pieces per Bottle**

**Each piece contains: 1.5 mg nicotine in 1.5 mg gum base.**

**For a free trial sample, call 1-800-211-9479.**

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**Reference ID: 3084533**

**Reference ID: 3087459**
**Drug Facts**

**Active ingredient in each chewing piece**: Menthol

**Purpose**

Nicotine for smoking cessation

**Warning**

If you are pregnant or breast-feeding, only use this medicine on the advice of your healthcare provider, taking your healthcare provider's instructions into account. Do not stop using this medicine without talking to your healthcare provider. This medicine is harmful to unborn babies and breast milk. If you think you or others are over-exposed to this medicine, call your healthcare provider, a hospital poison control center, or 911 immediately.

**Precautions**

- Do not use this medicine if you have experienced problems with breathing, have had problems with breathing, or have seen any signs of breathing difficulty.
- If you feel dizzy or faint, call your healthcare provider, a hospital poison control center, or 911 immediately.

**How to use**

- Do not use this medicine more than once a day.
- If you have been told to stop using this medicine, stop using it immediately.
- If you have been told to continue using this medicine, follow the instructions provided by your healthcare provider.

**Storage**

- Store this medicine in a cool, dry place.
- Do not store this medicine in the bathroom or near any source of heat.
- Do not use this medicine in a bathroom or near any source of heat.
- Do not store this medicine in a bathroom or near any source of heat.

**Questions or comments?**

Call 1-800-823-5199 for more information about smoking cessation.

**Prescription**

- Your healthcare provider will prescribe this medicine for you.
- This medicine is available by prescription only.

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**Nicorette®**

White Ice Mint® Gum

- Not for sale to those under 18 years of age.
- A proof of age may be required.
- This product is protected in sealed blisters. Do not use if individual blisters or printed backlays are broken, open, or torn.

*Made in Canada*

Reference ID: 3084533

Reference ID: 3087459
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
Peel off backing, starting at corner with loose edge.
Push gum through foil.

110 PIECES, 4mg EACH

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

110 PIECES, 4mg EACH

Nicorette®
Original Gum
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 you have
• 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:

<table>
<thead>
<tr>
<th>Weeks 1 to 6</th>
<th>Weeks 7 to 9</th>
<th>Weeks 10 to 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 piece every 1 to 2 hours</td>
<td>1 piece every 2 to 4 hours</td>
<td>1 piece every 4 to 8 hours</td>
</tr>
</tbody>
</table>

• 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.
### 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)

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**OUTSIDE COPY**

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.

Reference ID: 3084533
Reference ID: 3087459
**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 ©2011 GlaxoSmithKline

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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**: 1 piece every 1 to 2 hours
  - **Weeks 7 to 9**: 1 piece every 2 to 4 hours
  - **Weeks 10 to 12**: 1 piece every 4 to 8 hours

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, carrageenan, D&C yellow #10 Al. lake, edible ink, gum base, hydroxypropyl cellulose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium carbonate, sucrose, 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 4 mg  Stop smoking aid

Warnings
If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can harm fetus and breast feeding child.

Use only as directed. Do not take this medicine if you have any of the following conditions:

- Heart disease, stroke or hardening of the arteries
- Angina, chest pain
- Severe heartburn or reflux

Do not use if you are allergic to any of the ingredients in this product or if you have:

- Cerebral hemorrhage, transient ischemic attack, or multiple cerebral infarcts
- Acute myocardial infarction
- Congestive heart failure
- Severe hypertension
- History of diabetes
- History of liver disease
- History of kidney disease
- History of seizure disorder
- History of mental illness
- History of drug or alcohol abuse

Ask a doctor before use if you are:

- Under 18 years of age
- Pregnant or breast-feeding
- Taking any medicine (prescribed or OTC)
- Have a medical condition (recent stroke, diabetes, or depression)
- Have changes in vision or hearing
- Have a history of allergy to any ingredient in this product

Do not use if:

- You feel that you are a tobacco user
- You have had a tumor or polyp
- You have any condition where chewing or smoking would cause pain or discomfort
- You have any condition where chewing or smoking would be harmful

How to Use

1. Warm up to relieve the symptoms of nicotine withdrawal. Start with the lowest nicotine dose and gradually increase to the highest dose.
2. Use Enough - Chew at least 8 pieces of Nicorette gum per day during the first 6 weeks.
3. Use Less - Chew least 4 pieces of Nicorette gum for the next 6 weeks.
4. Use with a support program as directed in the enclosed User's Guide.

How 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 dosage instructions.

For more information and a FREE Individualized Stop Smoking Plan visit www.nicorette.com or see inside for more details.

Free Audio QR open request. See inside.

Drug Facts (continued)

How much nicotine is in a chew of gum:

- 0.4 mg per chewing piece
- 0.8 mg per chewing piece
- 1.6 mg per chewing piece
- 3.2 mg per chewing piece

How to use the gum:

- Chew the gum slowly until it melts. Then just keep your mouth open and let the mouthwash wash down the gum. Do not swallow or chew the gum while using the mouthwash.

Other information:

- Each piece contains caffeine, sodium 175 mg
- See label 3 - 20°C (68°F - 77°F) - protected from light and humidity

Inactive ingredients:

- Bacillus subtilis, magnesium stearate, cellulose, iron oxide white, iron oxide black, citric acid, gum tragacanth, polyethylene glycol 6000, sodium lauryl sulfate, magnesium stearate, polyethylene glycol 4000.

Questions or comments? Call 1-866-444-4096 (English/Spanish available 24 hours a day, 7 days a week).

Outsider Copy

Inside Copy

Reference ID: 3084533
Drug Facts

Active Ingredient (in each chewing piece) Purpose
Nicotine polacrilex (4mg nicotine) Stop smoking aid
Use — reduce withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings
If you are pregnant or breast-feeding, or taking this medicine for the advisability of your health care provider. Smoking can substantially harm your child. If you stop smoking while using any nicotine replacement product, see “How to Open the Nicorette Gum Pocket Pack” on page 2 for additional information. If you are taking other medicines, consult your health care provider. If you are pregnant, contact your health care provider for more details.

Do not use — if you continue to smoke, chew, tobacco, or use any nicotine products on or after nicotine containing products

Ask a doctor before use.

• nicotine-reduced diet
• heart disease, recent heart attack, or irregular heartbeats, Nicotine can increase your heart rate.
• high blood pressure not controlled with medication, Nicotine can increase blood pressure,
• asthma or chronic bronchitis

Ask a doctor or pharmacist before you use:

• using a prescription smoking drug
• taking prescription medicines for depression or anxiety. Your prescription drugs may need to be adjusted.

Stop use and ask a doctor if:

• rash, itching, or skin problems occur
• simple bronchitis or infections of the lungs occur

• you get hives or other allergic reactions such as nausea, vomiting, diarrhea, difficulty breathing or rash

This gum is a medicated product. See page 2 for complete product information.

TO IMPROVE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Enough. Chew at least 6 pieces of Nicorette gum 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.

Drug Facts (continued)

Keep out of reach of children and pets. Pieces of nicotine gum may cause choking in children and pets. Gum and pieces of gum may be thrown away in the trash. In case of overuse, get medical help or contact a Poison Control Center right away.

Directions
• if you are under 18 years of age, with a doctor before use
• before using this product, read the attached User’s Guide for complete directions and other important information.
• stop using completely when you begin using the gum
• if you smoke your first cigarette more than 30 minutes after waking up, use 3 to 5 pieces gum

• if you smoke your first cigarette within 30 minutes of waking up, use 1 to 2 pieces gum according to the following 12 week schedule.

• use a maximum of 6 pieces gum per day
• if you experience strong or frequent craving, you may use a second piece within the hour. however, do not use another piece of this gum in place of another. use no other nicotine products.

Other Information
• each piece contains: sodium 3mg, sugar 1.7mg
• store at 20° to 25°C (68° to 77°F) protected from light and humidity

Nicotine and other ingredients may cause harm if swallowed, inhaled or used inappropriately. Consult a healthcare professional for more information.

Restricted to individuals 18 years of age and older. Use as directed.

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For more information and a FREE Individualized Stop Smoking Program, please visit www.Nicorette.com

Free Audio CD upon request. See inside.

Nicorette Gum is a medicated product and must be used a certain way to get the best results.

Distributed by

GlaxoSmithKline Consumer Healthcare, L.P., Moose Township, PA 18348, Made in Sweden. ©2011 GlaxoSmithKline

Questions or comments? 1-800-634-7273 (English/Spanish) weekdays 6 AM - 6 PM EST
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 medication. This medication 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 replacement medicine (other than the nicotine gum you are using)

Ask a doctor before use if you have
- a heart condition
- 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.
- diabetes or impaired glucose tolerance.

Ask your 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
- you have symptoms of nicotine overdose such as nausea, vomiting, dizziness, dizziness, dizziness, weakness and rapid heartbeat

Visit the gum information page at Nicorette.com to learn more about nicotine replacement therapy.

Drug Facts (introduced)

Nicorette® Gum is available in 2mg and 4mg pieces. Pieces of nicotine gum may help you overcome nicotine cravings and withdrawal symptoms when you try to stop smoking. Please read and understand the complete directions and warnings before using.

How To Use the Nicorette Gum Pocket Pack

1. Open the package.
2. Use enough – Chew at least 1 piece of Nicorette Gum during the first week of treatment.
3. Use for a full 12 weeks.
4. See your doctor or pharmacist about this product.

Dosage
- Place the gum in your mouth. Gently work the gum in your mouth. You may chew or suck on the gum.
- Do not swallow the gum.
- Remove the gum after 15 minutes of use or when you no longer need the gum.

Other Information
- Nicorette® Gum is not for use by those under 18 years of age.
- Nicorette® Gum is not for sale in vending machines or from any source where proof of age cannot be verified.
- Nicorette® Gum is not for sale to those under 18 years of age.

TO INCREASE YOUR SUCCESS IN QUITTING:
1. Use enough – Chew at least 1 piece of Nicorette Gum during the first week of treatment.
2. Use for a full 12 weeks.
3. Use with a support program such as the Nicorette® Quitline or other support programs.
4. Stop use and ask a doctor if
   - mouth, teeth or jaw problems 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.
Reference ID: 3084533

Reference ID: 3087459
7. Park the Nicorette Gum piece again in a different place in your mouth.
8. Repeat steps 1 to 7 whenever you feel the need for nicotine.
9. Do not eat, drink or chew gum or Nicorette Gum placenta too often. Allow the Nicorette Gum piece to dissolve in your mouth; do not chew or suck it. Doing so may cause you to swallow more nicotine into your blood stream than intended.
10. Wash the Nicorette Gum piece in water and throw away in the trash.

WHAT TO EXPECT.
You may experience some discomfort during the first few days of quitting smoking after using Nicorette Gum. You may experience discomfort during the first few days of using any nicotine replacement therapy as your body adjusts. This discomfort should subside after several days and is usually less with subsequent uses. If you continue to experience uncomfortable discomfort while using Nicorette Gum, consult a health care professional immediately.

WHEN THE STRUGGLES OVER.
When you find yourself in a nicotine withdrawal situation, Nicorette Gum can help you. Nicorette Gum is a good tool to use when you are unable to avoid smoking. Nicorette Gum can be used to help you quit smoking, but it is not a substitute for nicotine patch, nicotine gum or nicotine nasal spray. Nicorette Gum should not be used on an empty stomach, because the nicotine in Nicorette Gum may be absorbed more quickly and may cause nausea or vomiting.

WHEN YOU NEED HELP.
If you have used Nicorette Gum and you are still smoking, you may need help to quit smoking. If you have used Nicorette Gum but you are still smoking, you may need help to quit smoking. If you have used Nicorette Gum but you are still smoking, you may need help to quit smoking.

WHEN YOU ARE READY TO QUIT.
If you are ready to quit smoking, you can use Nicorette Gum as a tool to help you quit smoking. Nicorette Gum can be used to help you quit smoking when you are ready to quit smoking. Nicorette Gum can be used to help you quit smoking when you are ready to quit smoking.

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HOW TO TAKE NICORETTE GUM.
Nicorette Gum should be taken under medical supervision. Nicorette Gum is not recommended for use in patients with a history of medical conditions, including heart disease, high blood pressure, or diabetes. Nicorette Gum should not be used in patients with a history of medical conditions, including heart disease, high blood pressure, or diabetes. Nicorette Gum should not be used in patients with a history of medical conditions, including heart disease, high blood pressure, or diabetes.

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**How to Use Nicotine Gum to Help You Quit Smoking.**

**Step 1:**
To use nicotine gum, chew a piece of gum slowly, allow it to sit in your mouth, and don’t swallow. Do not eat or drink while using nicotine gum.

**Step 2:**
Chew 1 to 3 pieces per hour as needed to counteract unpleasant withdrawal symptoms. Do not eat or drink many sugary or acidic foods at the same time you are using nicotine gum. Each 0.2 mg nicotine gum contains 0.2 mg nicotine.

**Step 3:**
If you are unable to quit after 1 year, you may want to consult a mental health professional. You can continue to use nicotine gum for as long as you desire. The effectiveness of nicotine gum is reduced after 6-12 months of use; however, using it for up to 2 years may be helpful for some users.

**Step 4:**
If you are unable to quit after 2 years, you may benefit from using nicotine patch, nicotine nasal spray, or nicotine gum in combination with other methods of treatment. Consult a health care professional for advice on additional treatment options.

**Step 5:**
If you are unable to quit after 6 months, you may want to try using a nicotine inhaler, a nicotine patch, or a nicotine gum in combination with other methods of treatment. Consult a health care professional for advice on additional treatment options.

**Step 6:**
If you are unable to quit after 1 year, you may want to consult a mental health professional. You can continue to use nicotine gum for as long as you desire. The effectiveness of nicotine gum is reduced after 6-12 months of use; however, using it for up to 2 years may be helpful for some users.

**Step 7:**
If you are unable to quit after 2 years, you may benefit from using nicotine patch, nicotine nasal spray, or nicotine gum in combination with other methods of treatment. Consult a health care professional for advice on additional treatment options.

**Step 8:**
If you are unable to quit after 6 months, you may want to try using a nicotine inhaler, a nicotine patch, or a nicotine gum in combination with other methods of treatment. Consult a health care professional for advice on additional treatment options.

**Step 9:**
If you are unable to quit after 1 year, you may want to consult a mental health professional. You can continue to use nicotine gum for as long as you desire. The effectiveness of nicotine gum is reduced after 6-12 months of use; however, using it for up to 2 years may be helpful for some users.

**Step 10:**
If you are unable to quit after 2 years, you may benefit from using nicotine patch, nicotine nasal spray, or nicotine gum in combination with other methods of treatment. Consult a health care professional for advice on additional treatment options.
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.

WHEN THE STRUGGLE IS OVER:

1. How will you handle stop smoking and using Nicorette Gum? You'll need to prepare yourself for nicotine withdrawal syndrome. Include planning your time so you're not stressed or bored, light more than you usually do, and don't drink. Light when you're relaxed, and don't smoke when you're stoned. Drink plenty of water. Don't smoke for at least three or four days after you stop, and don't drink for at least two days.
2. When you smoke, you don't get sick off the cigarettes. The total cost of smoking Nicorette Gum for the next week is $50. Ask what a person who smokes one and a half packs of cigarettes a day would spend on cigarettes for the same period of time.
3. Ask use of Nicorette Gum is only a short-term, while the cost of smoking is a long-term, and because of the health problems smoking causes.
4. Discard your cigarettes, forget yourself and then get back on track with a new, healthy lifestyle.

GOOD LUCK!

TIPS

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

WHERE TO CALL FOR HELP:

- American Lung Association
  1-800-448-0333

- American Cancer Society
  1-800-227-2243

Quitting the Nocarette Gum Usage

The goal of using Nicorette Gum is to gradually reduce your dependence on smoking. If you're having trouble quitting, Nicorette Gum will help you reduce nicotine cravings gradually as your motivation and confidence goes up. Then you stop using Nicorette Gum on or before the date recommended by your physician. 1. After 8 weeks, start smoking each Nicorette Gum piece for 10 minutes, until you feel satisfied. 2. After 2 months, try to reduce the number of pieces you smoke each week. 3. After 3 months, try to reduce the number of pieces you smoke each day. 4. After 4 months, try to reduce the number of pieces you smoke each hour. 5. After 5 months, try to reduce the number of pieces you smoke each minute. 6. After 6 months, try to reduce the number of pieces you smoke each second. 7. After 7 months, try to reduce the number of pieces you smoke each day. 8. After 8 months, try to reduce the number of pieces you smoke each week. 9. After 9 months, try to reduce the number of pieces you smoke each month. 10. After 10 months, try to reduce the number of pieces you smoke each year. 11. After 11 months, try to reduce the number of pieces you smoke each decade. 12. After 12 months, try to reduce the number of pieces you smoke each century.
HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

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(See insert)
 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)
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.

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.
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.
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 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.

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.
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.

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

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
ENROLL NOW!
FREE INDIVIDUALIZED STOP SMOKING PROGRAM
VISIT COMMITTEDQUITTERS.COM
Having a Plan Will Help You Quit

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
Week 6
More tips on quitting

Week 9
Congratulations Packet

Week 12
Award Certificate

Materials are subject to change.
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.
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.

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

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

### WEEK ONE CALENDAR

<table>
<thead>
<tr>
<th>Day</th>
<th>Pieces Chewed</th>
<th>Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.</th>
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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:

- 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

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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.

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.
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

Reference ID: 3084533
Reference ID: 3087459
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 6-10 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:

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HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

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(See insert)

Copyright ©2011 GlaxoSmithKline Consumer Healthcare, L.P.
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)
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.

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.
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.

**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.

**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.
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.

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.
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 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.

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.
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.)
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:

<table>
<thead>
<tr>
<th>Weeks 1 to 6</th>
<th>Weeks 7 to 9</th>
<th>Weeks 10 to 12</th>
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<tr>
<td>1 piece every 1 to 2 hours</td>
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</table>

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.
ENROLL NOW!

A Personal Invitation to Join
brought to you by

Nicorette® Gum

FREE INDIVIDUALIZED STOP SMOKING PROGRAM

COMMITTED QUITTERS®

VISIT COMMITTEDQUITTERS.COM
Having a Plan Will Help You Quit

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
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.
### Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.

<table>
<thead>
<tr>
<th>Day</th>
<th>Pieces Chewed</th>
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<td>1.</td>
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</table>

### 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.

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

- 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
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. 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.

WHAT TO EXPECT.
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
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- drowsiness
- trouble concentrating
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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...
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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.

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__________________________________________________________________________

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