Nicotine Transdermal System
PATCH 21 mg delivered over 24 hours
21 mg STEP 1

DO NOT OPEN POUCH UNTIL READY TO USE.

DIRECTIONS: Apply one patch to a dry, clean, hairless portion of upper body or arms. Refer to Self-Help Guide for detailed directions.

DO NOT CUT PATCH. KEEP OUT OF REACH OF CHILDREN AND ANIMALS.

Used patches have enough nicotine to poison children and pets. If swallowed, get medical help or contact a Poison Control Center right away. Save pouch to use for patch disposal. Dispose of the used patch by folding sticky ends together and putting in pouch.

Store at 20-25°C (68-77°F).

DO NOT USE IF INDIVIDUAL POUCH IS OPEN OR TORN, OR IF PATCH IS CUT.

Distributed by:
Dr. Reddy's Laboratories, Inc.
Princeton, N.J. 08540

EXP 300064595
**VII: The Patch**

**The Habitrol® Take Control™ Support Program**

**Purpose of the Take Control™ Support Program**

The Purpose of the Take Control™ Support Program is to help smokers learn how to quit smoking and stay smoke-free. The program includes the following:

- **Verify Your Commitment to Quit Smoking**
- **The Habitrol® Take Control™ Support Program**
- **Your Daily Success Calendar**
- **Patch Description**
- **V/IV Weight Control Guide**
- **Patch Usage**
- **VII: The Patch**

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**Important Information about The Habitrol™ Transdermal System**

This product is only for those who are committed to quitting. The Habitrol™ Transdermal System is designed to deliver nicotine through your skin and requires you to stick it on your body for at least 12 hours. The Habitrol™ Transdermal System is not for purchase. It can only be obtained from a physician or pharmacy. Additional information is available at www.nicotine.com.

**How the Patch Works**

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**VII: The Patch**

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**V/IV Weight Control Guide**

**Why You May Gain Weight on Habitrol™**

Gaining weight is a common side effect of quitting smoking. When you quit smoking, your body begins to adjust to the lack of nicotine. This adjustment can cause weight gain, which is usually temporary. The Habitrol™ Transdermal System helps control nicotine withdrawal symptoms, such as hunger, which can contribute to weight gain.

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**Patch Usage**

**How to Use the Patch**

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**VII: The Patch**

**Verify Your Commitment to Quit Smoking**

Congratulations again on your decision to quit smoking. By incorporating the behavior-changing skills discussed in this guide into your life, you are on your way to successfully becoming and remaining smoke-free. Continue to monitor your progress and report back to your physician or pharmacist by calling 1-888-HABITROL (1-888-422-4676) 3 times a week.

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**Your Daily Success Calendar**

Use to track daily progress. Complete the calendar below with the Habitrol™ Transdermal System. The Habitrol™ Transdermal System is not for purchase. It can only be obtained from a physician or pharmacy. Additional information is available at www.nicotine.com.

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