



← Data Matrix
000000XX
4mm

GSK Regulatory Spec Box		Verified Date: 9/25/17
Drug Facts Info		
Drug Facts (Title)	Font Name:	N/A
Drug Facts (continued)	Font Name:	N/A
Headings	Font Name:	N/A
Subheadings	Font Name:	N/A
Body text	Font Name:	N/A
Bullets	Font Name:	N/A
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		N/A
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A	Maximum Characters/Inch: N/A
Barlines	N/A	Hairlines N/A
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.0943 in.
PDP dimensions (in square inches)		2.4 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 6 pt. H N/A pt.
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 15.4 pt. H N/A pt.
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 38.9% H N/A%



← Data Matrix
000000XX
4mm

GSK Regulatory Spec Box		Verified Date: 9/25/17
Drug Facts Info		
Drug Facts (Title)	Font Name:	N/A
Drug Facts (continued)	Font Name:	N/A
Headings	Font Name:	N/A
Subheadings	Font Name:	N/A
Body text	Font Name:	N/A
Bullets	Font Name:	N/A
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		N/A
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A	Maximum Characters/Inch: N/A
Barlines	N/A	Hairlines N/A
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.0943 in.
PDP dimensions (in square inches)		2.4 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 6 pt. H N/A pt.
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 15.4 pt. H N/A pt.
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 38.9% H N/A%

Data Matrix
000000XX
5mm



GSK Regulatory Spec Box		Verified Date: 9/29/17
Drug Facts Info		
Drug Facts (Title)	Font Name:	N/A point type
Drug Facts (continued)	Font Name:	N/A point type
Headings	Font Name:	N/A point type
Subheadings	Font Name:	N/A point type
Body text	Font Name:	N/A point type
Bullets	Font Name:	N/A point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		N/A
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A pt.	Maximum Characters/Inch: N/A
Barlines	N/A pt.	Hairlines N/A pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		N/A in.
PDP dimensions (in square inches)		N/A sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V N/A pt. H N/A pt.
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V N/A pt. H N/A pt.
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V N/A% H N/A%

Inside of card coated side

Sealing Area - No Print, No Varnish

Sealing Area

Drug Facts (continued)

- 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you.**
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge**
- if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:**

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results**
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow lozenge.**
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.**
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- store at 20 - 25°C (68 - 77°F)
- store in the original container

Inactive ingredients
acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polysorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum

Questions or comments? call toll-free 1-xxx-xxx-xxxx

17-045CHFS

Outside of card, facing product (coated side)

Flip open for Directions and additional 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

TAMPER EVIDENT FEATURE: The lozenge container is protected in a clear plastic shell, sealed to a printed card. Do not use if the printed card or plastic shell is torn or broken, or if there is any evidence that the printed card was separated from the plastic shell.

Retain this package for complete product information.

Drug Facts

Active ingredient (in each lozenge)	Purpose
Nicotine polacrifex, 2 mg	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.

Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat, Nicotine can increase your heart rate,
- high blood pressure not controlled with medication, Nicotine can increase your blood pressure,
- stomach ulcer or diabetes
- history of seizures

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 problems occur
- persistent indigestion or severe sore throat occurs

Lot: XXXXXXXXXX

Exp: XXXXXX

EAS TAGGED

GSK Regulatory Spec Box		Verified Date: 9.28.17
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	10 point type
Drug Facts (continued)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique/ Helvetica Neue LT Std 57 Condensed	8 point type
Headings	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	8 point type
Subheading	Font Name: Helvetica Neue LT Std 77 Bold Condensed	6 point type
Body text	Font Name: Helvetica Neue LT Std 77 Bold Condensed / Helvetica Neue LT Std 57 Condensed	6 point type
Bullets	Font Name: Helvetica Neue LT Std 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		Yes
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 97%-100%
Leading (Minimum space in body copy of Drug Facts)	6.5 pt.	Maximum Characters/Inch: 35
Barlines	1.5 pt.	Hairlines 0.50 pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		N/A
PDP dimensions (in square inches)		N/A
Font size of Statement of Identity (if not live text, to be measured in Helvetica capital "M")	N/A	N/A
Font size of Logo/Largest Copy on PDP (if not live text, to be measured in Helvetica capital "M")	N/A	N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)	N/A	N/A

Inside of card die-cut side

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette Lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette Lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

TO OPEN



TO CLOSE

Push Cap Closed until you hear a **CLICK** to ensure child resistance



Sealing Area - No Print, No Varnish

Sealing Area

Distributed by:
GSK Consumer Healthcare
Warren, NJ 07059
Made in Switzerland

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Outside of card, facing product (coated side)

NDC 0000-000-00

Nicorette 

nicotine polacrilex lozenge, 2 mg
stop smoking aid

Lozenge

Coated
Ice Mint

 **NEW**

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 4 mg Lozenge.

2 mg

20 LOZENGES

Includes User's Guide

GSK Regulatory Spec Box		Verified Date: 6.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: N/A	N/A point type
Drug Facts (continued)	Font Name: N/A	N/A point type
Headings	Font Name: N/A	N/A point type
Subheadings	Font Name: N/A	N/A point type
Body text	Font Name: N/A	N/A point type
Bullets	Font Name: N/A	N/A point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		N/A
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A pt.	Maximum Characters/Inch: N/A
Barlines	N/A pt.	Hairlines: N/A pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.1624 in.
PDP dimensions (in square inches)		19.9 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 13.3 pt. H 0.00 pt.
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 46.0 pt. H 0.00 pt.
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 28.9% H 0%

Inside of card coated side

Sealing Area - No Print, No Varnish

Drug Facts (continued)

- 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
- If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge.
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- store at 20 - 25°C (68 - 77°F)
- store in the original container

Inactive ingredients
acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polyorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum

Questions or comments? call toll-free 1-800-XXX-XXXX

Sealing Area

17-047CHFS

Outside of card, facing product (coated side)

Flip open for Directions and additional 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

TAMPER EVIDENT FEATURE: The lozenge container is protected in a clear plastic shell, sealed to a printed card. Do not use if the printed card or plastic shell is torn or broken, or if there is any evidence that the printed card was separated from the plastic shell.

Retain this package for complete product information.

Drug Facts	
Active ingredient (in each lozenge)	Purpose
Nicotine polacrifex, 4 mg	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.

Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes
- history of seizures

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 problems occur
- persistent indigestion or severe sore throat occurs

Lot: XXXXXXXXXX



Exp: XXXXXXXXXX

EAS TAGGED

GSK Regulatory Spec Box		Verified Date: 09.28.17
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	10 point type
Drug Facts (continued)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique/ Helvetica Neue LT Std 57 Condensed	8 point type
Headings	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	8 point type
Subheading	Font Name: Helvetica Neue LT Std 77 Bold Condensed	6 point type
Body text	Font Name: Helvetica Neue LT Std 77 Bold Condensed / Helvetica Neue LT Std 57 Condensed	6 point type
Bullets	Font Name: Helvetica Neue LT Std 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		Yes
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 97%-100%
Leading (Minimum space in body copy of Drug Facts)	6.5 pt.	Maximum Characters/Inch: 35
Baselines	1.5 pt.	Hairlines 0.50 pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		N/A
PDP dimensions (in square inches)		N/A
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V N/A H N/A

Inside of card die-cut side

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Enough** - Use at least 9 Nicorette Lozenges per day during the first six weeks.
3. **Use Long Enough** - Use Nicorette Lozenges for the full 12 weeks.
4. **Use With a Support Program** as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

TO OPEN



TO CLOSE

Push Cap Closed until you hear a **CLICK** to ensure child resistance



Sealing Area

Sealing Area - No Print, No Varnish

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GSK Consumer Healthcare
Warren, NJ 07059
Made in Switzerland

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Outside of card, facing product (coated side)

NDC 00000-000-00

Nicorette 

nicotine polacrilex lozenge, 4 mg
stop smoking aid

Lozenge

Coated Ice Mint

NEW

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 2 mg Lozenge.

20 LOZENGES

Includes User's Guide

GSK Regulatory Spec Box		Verified Date: 06.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: N/A	N/A
Drug Facts (continued)	Font Name: N/A	N/A
Headings	Font Name: N/A	N/A
Subheadings	Font Name: N/A	N/A
Body text	Font Name: N/A	N/A
Bullets	Font Name: N/A	N/A
Bullets on same lines: end of statement separated from bulleted statement by two ems		
Spacing of the hair lines from edge of box - i.e. Minimum of 2 spaces either side of Drug Fact Box		
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A	Maximum Characters/Inch: N/A
Barlines	N/A	Hairlines: N/A
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.1624 in.
PDP dimensions (in square inches)		19.9 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 13.3 pt. H N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 46.0 pt. H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 28.9% H N/A

Inside of card coated side

Sealing Area - No Print, No Varnish

Drug Facts (continued)

- 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge
- if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow lozenges.**
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- store at 20 - 25°C (68 - 77°F)
- store in the original container

Inactive ingredients
acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polysorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum

Questions or comments? call toll-free 1-800-XXX-XXXX

Sealing Area

17-049CHFS

Outside of card, facing product (coated side)

Flip open for Directions and additional 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

TAMPER EVIDENT FEATURE: The lozenge containers are protected in a clear plastic shell, sealed to a printed card. Do not use if the printed card or plastic shell is torn or broken, or if there is any evidence that the printed card was separated from the plastic shell.

Retain this package for complete product information.

Drug Facts	
Active ingredient (in each lozenge)	Purpose
Nicotine polacrilex, 2 mg.....	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.

Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes
- history of seizures

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 problems occur
- persistent indigestion or severe sore throat occurs

Lot: XXXXXXXXXX

Exp: XXXXXXXXXX



EAS TAGGED

GSK Regulatory Spec Box		Verified Date: 09.28.17
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	10 point type
Drug Facts (continued)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique/ Helvetica Neue LT Std 57 Condensed	8 point type
Headings	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	8 point type
Subheading	Font Name: Helvetica Neue LT Std 77 Bold Condensed	6 point type
Body text	Font Name: Helvetica Neue LT Std 77 Bold Condensed / Helvetica Neue LT Std 57 Condensed	6 point type
Bullets	Font Name: Helvetica Neue LT Std 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		Yes
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 97%-100%
Leading (Minimum space in body copy of Drug Facts)	6.5 pt.	Maximum Characters/Inch: 35
Baselines	1.5 pt.	Hairlines 0.50 pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		N/A
PDP dimensions (in square inches)		N/A
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V N/A H N/A

Inside of card die-cut side

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. Use Enough - Use at least 9 Nicorette Lozenges per day during the first six weeks.
3. Use Long Enough - Use Nicorette Lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

TO OPEN



TO CLOSE

Push Cap Closed until you hear a **CLICK** to ensure child resistance



Sealing Area - No Print, No Varnish

Distributed by:
GSK Consumer Healthcare
Warren, NJ 07059
Made in Switzerland

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Outside of card, facing product (coated side)

NDC 00000-000-00

Nicorette 

nicotine polacrilex lozenge, 2 mg • stop smoking aid  **NEW**

Lozenge

Coated Ice Mint

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 4 mg Lozenge.

2 mg

80 LOZENGES, 2 mg EACH
(4 Packs of 20)

Includes User's Guide

GSK Regulatory Spec Box		Verified Date: 06.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: N/A	N/A
Drug Facts (continued)	Font Name: N/A	N/A
Headings	Font Name: N/A	N/A
Subheadings	Font Name: N/A	N/A
Body text	Font Name: N/A	N/A
Bullets	Font Name: N/A	N/A
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box - i.e. Minimum of 2 spaces either side of Drug Fact Box		N/A
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A	Maximum Characters/Inch: N/A
Barlines	N/A	Hairlines: N/A
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.1281 in.
PDP dimensions (in square inches)		25.74 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 13.43pt. N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 46.4 pt. N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 28.9% N/A

Inside of card coated side

Sealing Area - No Print, No Varnish

Drug Facts (continued)

- 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you.
- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the lozenge on your quit day
- if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge
- if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours

- nicotine lozenge is a medicine and must be used a certain way to get the best results
- place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow lozenges.**
- you may feel a warm or tingling sensation
- occasionally move the lozenge from one side of your mouth to the other until completely dissolved
- do not eat or drink 15 minutes before using or while the lozenge is in your mouth
- to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks
- do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects
- do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider.

Other information

- store at 20 - 25°C (68 - 77°F)
- store in the original container

Inactive ingredients
acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polysorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum

Questions or comments? call toll-free 1-800-XXX-XXXX

Sealing Area

17-051CHFS

Outside of card, facing product (coated side)

Flip open for Directions and additional 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

TAMPER EVIDENT FEATURE: The lozenge containers are protected in a clear plastic shell, sealed to a printed card. Do not use if the printed card or plastic shell is torn or broken, or if there is any evidence that the printed card was separated from the plastic shell.

Retain this package for complete product information.

Drug Facts	Purpose
Active ingredient (in each lozenge) Nicotine polacrilex, 4 mg	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.

Ask a doctor before use if you have

- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
- stomach ulcer or diabetes
- history of seizures

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 problems occur
- persistent indigestion or severe sore throat occurs

Lot: XXXXXXXXXX

Exp: XXXXXXXXXX



EAS TAGGED

GSK Regulatory Spec Box		Verified Date: 09.28.17
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	10 point type
Drug Facts (continued)	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique/ Helvetica Neue LT Std 57 Condensed	8 point type
Headings	Font Name: Helvetica Neue LT Std 77 Bold Condensed Oblique	8 point type
Subheading	Font Name: Helvetica Neue LT Std 77 Bold Condensed	6 point type
Body text	Font Name: Helvetica Neue LT Std 77 Bold Condensed / Helvetica Neue LT Std 57 Condensed	6 point type
Bullets	Font Name: Helvetica Neue LT Std 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		Yes
Spacing of the hair lines from edge of box – i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 97%-100%
Leading (Minimum space in body copy of Drug Facts)	6.5 pt.	Maximum Characters/Inch: 35
Barlines	1.5 pt.	Hairlines 0.50 pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		N/A
PDP dimensions (in square inches)		N/A
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V N/A H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V N/A H N/A

Inside of card die-cut side

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. Use Enough - Use at least 9 Nicorette Lozenges per day during the first six weeks.
3. Use Long Enough - Use Nicorette Lozenges for the full 12 weeks.
4. Use With a Support Program as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

TO OPEN



TO CLOSE

Push Cap Closed until you hear a **CLICK** to ensure child resistance



Sealing Area - No Print, No Varnish

Sealing Area

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Made in Switzerland

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Outside of card, facing product (coated side)

NDC 0000-000-00

Nicorette 

nicotine polacrilex lozenge, 4 mg • stop smoking aid  **NEW**

Lozenge

Coated Ice 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 2 mg Lozenge.

4 mg

80 LOZENGES, 4 mg EACH
(4 Packs of 20)

Includes User's Guide

GSK Regulatory Spec Box		Verified Date: 06.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: N/A	N/A
Drug Facts (continued)	Font Name: N/A	N/A
Headings	Font Name: N/A	N/A
Subheadings	Font Name: N/A	N/A
Body text	Font Name: N/A	N/A
Bullets	Font Name: N/A	N/A
Bullets on same lines: end of statement separated from bulleted statement by two ems		
Spacing of the hair lines from edge of box - i.e. Minimum of 2 spaces either side of Drug Fact Box		
Tracking	N/A	Horizontal Scale: N/A
Leading (Minimum space in body copy of Drug Facts)	N/A	Maximum Characters/Inch: N/A
Barlines	N/A	Hairlines
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.1281 in.
PDP dimensions (in square inches)		25.74 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")		V 13.43pt. N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")		V 46.4 pt. N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)		V 28.9% N/A

FRONT CARD

NDC 00000-000-00 

Nicorette

nicotine polacrilex lozenge, 2 mg
stop smoking aid

Lozenge



**Coated
Ice Mint**

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 4 mg Lozenge.

Includes
User's Guide 

**120 LOZENGES, 2 mg EACH
(6-20 Lozenge Packs)**

← Data Matrix
000000XX
5mm

BACK CARD

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough** - Use at least 9 Nicorette Lozenges per day during the first six weeks.
- Use Long Enough** - Use Nicorette Lozenges for the full 12 weeks.
- Use With a Support Program** as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Retain this package for complete product information.

Drug Facts	Purpose						
Active ingredient (in each lozenge) Nicotine polacrilex, 2 mg	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. Ask a doctor before use if you have • heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate. • high blood pressure not controlled with medication. Nicotine can increase your blood pressure. • stomach ulcer or diabetes • history of seizures 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 problems occur • persistent indigestion or severe sore throat occurs • 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you. • before using this product, read the enclosed User's Guide for complete directions and other important information • begin using the lozenge on your quit day • if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge • if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge according to the following 12 week schedule:							
<table border="1"> <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 lozenge every 1 to 2 hours</td> <td>1 lozenge every 2 to 4 hours</td> <td>1 lozenge every 4 to 6 hours</td> </tr> </tbody> </table>		Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12	1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 6 hours
Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12					
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 6 hours					
<ul style="list-style-type: none"> nicotine lozenge is a medicine and must be used a certain way to get the best results place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge. you may feel a warm or tingling sensation occasionally move the lozenge from one side of your mouth to the other until completely dissolved do not eat or drink 15 minutes before using or while the lozenge is in your mouth to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day. it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider. 							
Other information • store at 20 - 25°C (68 - 77°F) • store in the original container.							
Inactive ingredients acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polysorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum							
Questions or comments? call toll-free 1-800-XXX-XXXX							

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

TAMPER EVIDENT FEATURE: The lozenge containers are protected in a clear plastic shell, sealed to a printed card. Do not use if the printed card or plastic shell is torn or broken, or if there is any evidence that the printed card was separated from the plastic shell.

TO OPEN



PUSH



LIFT

TO CLOSE



CLICK

Push Cap Closed until you hear a CLICK to ensure child resistance

00000000

Lot Exp. 

EAS TAGGED 

← Data Matrix
000000XX
5mm

GSK Regulatory Spec Box		Verified Date: 6.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue 77 Bold Condensed Oblique	11 point type
Drug Facts (continued)	Font Name: Helvetica Neue 77 Bold Condensed Oblique/Helvetica Neue 57 Condensed	N/A
Headings	Font Name: Helvetica Neue 77 Bold Condensed Oblique	9 point type
Subheadings	Font Name: Helvetica Neue 77 Bold Condensed	7 point type
Body text	Font Name: Helvetica Neue 57 Condensed/Helvetica Neue 77 Bold Condensed	7 point type
Bullets	Font Name: Helvetica Neue 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box - i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 100%
Leading (Minimum space in body copy of Drug Facts)	7.6 pt.	Maximum Characters/Inch: 37
Baselines	1.5 pt.	Hairlines: 0.50 pt.
Primary Display Panel Info		
Font size of Net W/Contents (Smallest character height in inches)		0.189 in.
PDP dimensions (in square inches)		77 sq. in.
Font size of Statement of Identity (if not live text, to be measured in Helvetica capital "M")	V 24.51 pt	H N/A
Font size of Logo/Largest Copy on PDP (if not live text, to be measured in Helvetica capital "M")	V 85.5 pt	H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)	V 28.7%	H N/A

FRONT CARD

NDC 00000-000-00 

Nicorette

nicotine polacrilex lozenge, 4 mg
stop smoking aid

Lozenge



**Coated
Ice Mint**

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 2 mg Lozenge.

**120 LOZENGES, 4 mg EACH
(6-20 Lozenge Packs)**

Includes User's Guide 

Data Matrix 000000XX 5mm

BACK CARD

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough** - Use at least 9 Nicorette Lozenges per day during the first six weeks.
- Use Long Enough** - Use Nicorette Lozenges for the full 12 weeks.
- Use With a Support Program** as directed in the enclosed User's Guide.

For more information and for a FREE individualized stop smoking program, please visit www.Nicorette.com or see inside for more details.

Retain this package for complete product information.

Drug Facts	Purpose						
Active ingredient (in each lozenge) Nicotine polacrilex, 4 mg	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. Ask a doctor before use if you have • heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate. • high blood pressure not controlled with medication. Nicotine can increase your blood pressure. • stomach ulcer or diabetes • history of seizures 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 problems occur • persistent indigestion or severe sore throat occurs • 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. 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. No studies have been done to show if this product will work for you. • before using this product, read the enclosed User's Guide for complete directions and other important information • begin using the lozenge on your quit day • if you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine lozenge • if you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine lozenge according to the following 12 week schedule:							
<table border="1"> <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 lozenge every 1 to 2 hours</td> <td>1 lozenge every 2 to 4 hours</td> <td>1 lozenge every 4 to 6 hours</td> </tr> </tbody> </table>		Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12	1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 6 hours
Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12					
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 6 hours					
<ul style="list-style-type: none"> nicotine lozenge is a medicine and must be used a certain way to get the best results place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow lozenge. you may feel a warm or tingling sensation occasionally move the lozenge from one side of your mouth to the other until completely dissolved do not eat or drink 15 minutes before using or while the lozenge is in your mouth to improve your chances of quitting, use at least 9 lozenges per day for the first 6 weeks do not use more than one lozenge at a time or continuously use one lozenge after another since this may cause you hiccups, heartburn, nausea or other side effects do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day. it is important to complete treatment. If you feel you need to use the lozenge for a longer period to keep from smoking, talk to your health care provider. 							
Other information • store at 20 - 25°C (68 - 77°F) • store in the original container.							
Inactive ingredients acesulfame potassium, flavors, hypromellose, magnesium stearate, mannitol, microcrystalline cellulose, polysorbate 80, potassium aluminum silicate, sodium carbonate anhydrous, sucralose, titanium dioxide, xanthan gum							
Questions or comments? call toll-free 1-800-XXX-XXXX							

TO OPEN




TO CLOSE



Push Cap Closed until you hear a CLICK to ensure child resistance

00000000

Lot Exp. 

EAS TAGGED 

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17-0534F0

Data Matrix 000000XX 5mm

GSK Regulatory Spec Box		Verified Date: 6.21.18
Drug Facts Info		
Drug Facts (Title)	Font Name: Helvetica Neue 77 Bold Condensed Oblique	11 point type
Drug Facts (continued)	Font Name: Helvetica Neue 77 Bold Condensed Oblique/Helvetica Neue 57 Condensed	N/A
Headings	Font Name: Helvetica Neue 77 Bold Condensed Oblique	9 point type
Subheadings	Font Name: Helvetica Neue 77 Bold Condensed	7 point type
Body text	Font Name: Helvetica Neue 57 Condensed/Helvetica Neue 77 Bold Condensed	7 point type
Bullets	Font Name: Helvetica Neue 55 Roman	5 point type
Bullets on same lines: end of statement separated from bulleted statement by two ems		N/A
Spacing of the hair lines from edge of box - i.e. Minimum of 2 spaces either side of Drug Fact Box		Yes
Tracking	0	Horizontal Scale: 100%
Leading (Minimum space in body copy of Drug Facts)	7.6 pt.	Maximum Characters/Inch: 37
Baselines	1.5 pt.	Hairlines: 0.50 pt.
Primary Display Panel Info		
Font size of Net Wt/Contents (Smallest character height in inches)		0.189 in.
PDP dimensions (in square inches)		77 sq. in.
Font size of Statement of Identity (If not live text, to be measured in Helvetica capital "M")	V 24.51 pt	H N/A
Font size of Logo/Largest Copy on PDP (If not live text, to be measured in Helvetica capital "M")	V 85.5 pt	H N/A
Ratio of Statement of Identity to Logo/Largest Copy on PDP		
Statement of Identity (pt.) (Divided by) Largest Logo Copy (pt.)	V 28.7%	H N/A

PLACE THESE REMINDERS ON YOUR CALENDAR:

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

STEP 1
1 lozenge every 1 to 2 hours

STEP 2
1 lozenge every 2 to 4 hours

STEP 3
1 lozenge every 4 to 8 hours

EX-SMOKER

AT BEGINNING OF WEEK #10 12 WEEKS AFTER QUIT DATE

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How to Use Nicorette Lozenges and Tips to Help You Quit Smoking.

Nicorette
nicotine polacrilex lozenge
2 mg and 4 mg User's Guide
Lozenge

PLANNING YOUR SUCCESS

- 1) The key to accomplishing anything important is commitment. When it comes to quitting smoking, that is especially true. **Nicorette** Lozenges can help if you really want to quit. **Nicorette** Lozenges help reduce withdrawal symptoms including nicotine craving associated with quitting smoking.
- 2) Your chances of staying off cigarettes are much better if you start with at least 9 **Nicorette** Lozenges daily. For best results, use the lozenges on a regular schedule (as outlined in this User's Guide).
- 3) Start using **Nicorette** Lozenges on your quit date.
- 4) This User's Guide outlines a 12-week plan for **Nicorette** Lozenges. Even though you may feel confident about your non-smoking status after a few weeks, it's important to stick with the plan to help you remain smoke free. Even a single cigarette can put you right back to square one.
- 5) **Nicorette** Lozenges work best when used together with a support plan. See information to the right for the MyQuit behavioral support program.
- 6) After the first six weeks, start using fewer **Nicorette** Lozenges, as directed in the instructions, gradually reducing your use over the next six weeks. If you feel the need to use the lozenges for a longer period to keep from smoking, talk to your health care provider.
- 7) If you have questions about using **Nicorette** Lozenges, call toll-free 1-XXX-XXX-XXXX, or talk to your pharmacist or family doctor.

YES! YOU WANT TO QUIT.

Wonderful. You've made the most important decision of all, to stop smoking. And by choosing **Nicorette** Lozenges to help you, you're starting on the right path. Now remember, using **Nicorette** Lozenge doesn't just mean taking a **Nicorette** Lozenge. It means setting and following a program like the one we suggest in this User's Guide.

Your own success depends on your effort, your level of addiction to tobacco, and your commitment to following your program.

LET'S FACE IT.

Quitting smoking isn't easy! You or someone you know may have tried unsuccessfully. That's okay. It's hard to stop smoking the first time you try. The important part is to learn from your previous attempts, consider what went wrong and keep trying to quit until you succeed. Look to this User's Guide for support as you undergo this terrific task. The guide includes important information on how to use **Nicorette** Lozenges and also gives you tips to help you stop smoking. Refer back to it often for advice, answers, and encouragement to help you stay on track.

GET MOTIVATED. STAY MOTIVATED.

Everyone has a reason for quitting — whether you're concerned about your health, your appearance, family or peer pressure, or the effect of secondhand smoke on your loved ones — all of the above, or something else entirely. Whatever your reasons, write them down. There's a wallet card on the bottom right of this User's Guide. Write your reasons on the card and carry it with you. When you have an urge to smoke or experience a difficult moment it can help you focus on your reasons for quitting. Lots of people quit with a co-worker, spouse or friend and use them as a quitting buddy. You can help each other out by providing extra encouragement in tough moments.

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 back of the wallet card on the bottom right of this User's Guide.

UNDERSTANDING THE DOUBLE-EDGED SWORD.

Smoking has two addictive components, a physical and a mental need for the nicotine in tobacco. You need to conquer both to succeed. **Nicorette** Lozenges can ease your physical nicotine addiction. But your readiness and resolve are necessary to help overcome the mental side of your cigarette dependence. So once you're ready, it's time to begin. But first, read and consider the following important warnings.

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.

- Ask a doctor before use if you have**
- heart disease, recent heart attack or irregular heartbeat. Nicotine can increase your heart rate.
 - high blood pressure not controlled with medication. Nicotine can increase your blood pressure.
 - stomach ulcer or diabetes
 - history of seizures

- 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 problems occur
 - persistent indigestion or severe sore throat occurs
 - 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. Nicotine lozenges may have enough nicotine to make children and pets sick. If you need to remove the lozenge, wrap it in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

YOU'RE READY TO START.

Okay, you're ready. To become a non-smoker, start today. Now before you do anything else, you have a bit of planning to do. Read this User's Guide all the way through. You want to make sure you bought the right dose to start. If you typically smoke **your first cigarette within 30 minutes of waking up**, use the 4 mg **Nicorette** Lozenges. If you smoke **your first cigarette more than 30 minutes after waking up**, use the 2 mg **Nicorette** Lozenges. Next, plan your quitting schedule. Get a calendar to follow your progress and mark the following four important dates (see the reminders on the upper left side of this leaflet).

THE PROGRAM

STEP 1. (Weeks 1-6) Starting on your quit date it's best to use at least 9 Nicorette Lozenges each day, one every 1-2 hours. First choose the day you plan to quit (make it soon). Place the Step 1 reminder on this date. That's the day you will start using **Nicorette** Lozenges to calm your cravings for nicotine and help you stay smoke free. Prior to the quit date, get rid of all your cigarettes to remove temptations and make it more difficult to start smoking again.

Use a **Nicorette** Lozenge every 1 to 2 hours and at least 9 lozenges each day for the first 6 weeks to help prevent unexpected cravings and improve your chances of quitting. **These aren't ordinary lozenges.** Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. **Do not chew or swallow the lozenge.** You may feel a warm or tingling sensation. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved. **Remember to read the "USING Nicorette LOZENGES PROPERLY" section before you take your first Nicorette Lozenge.**

STEP 2. (The next three weeks, that is weeks 7-9).

At the beginning of week 7 start using fewer Nicorette Lozenges, one every 2-4 hours. After six weeks, you should wait a little longer between lozenges, one lozenge every two to four hours. This will help you gradually use fewer **Nicorette** Lozenges. Put the Step 2 reminder on the first day of week 7 to help remind you when to start reducing the number of **Nicorette** Lozenges you take.

STEP 3. (The last three weeks, that is weeks 10-12).

At the beginning of week 10, reduce Nicorette Lozenge use even further, one every 4-8 hours. At the beginning of week 10 further decrease the number of **Nicorette** Lozenges you use each day to reduce the amount of nicotine you get. You should do this by using one lozenge every 4 to 8 hours. Put the Step 3 reminder on the first day of week 10 so you know when you should be starting this last step to becoming smoke and nicotine-free.

END. At the end of week 12 you'll complete Nicorette Lozenge therapy.

Put the "EX-SMOKER" reminder on your calendar on the date 12 weeks after the day you stopped smoking and started using **Nicorette** Lozenges.

BE PREPARED.

Since smoking is an addiction, it is hard to quit. Even after you stop, there will be times when you WANT a cigarette, sometimes strongly (see also section on "CHALLENGES TO WATCH FOR"). The best defense is to be prepared. Plan now for handling tough times so you don't give in. Think about situations where you usually get an urge to smoke or where you might experience strong urges to smoke (for example, spending time with smokers or drinking alcohol — try to avoid these situations if those things tempt you to smoke).

Change your habits. Take your coffee break somewhere else. Take a walk. Break the association between your usual habit and cigarettes.

If you do encounter a situation where you feel a strong urge to smoke, fight it! Take a break from the situation; keep yourself busy or distracted with other activities. Remind yourself why you want to quit, and that having "just one" will really hurt your goal of quitting!

Assemble a "survival package" — items that can keep you distracted in case you get an urge to smoke. For example, cinnamon gum or hard candy, relaxing music, things to keep your hands busy like a smooth stone or paper clips, etc.

Track your quit progress. Use a journal or the MyQuit app on your mobile phone to note if and when you get an urge to smoke. Note how many pieces of **Nicorette** Lozenges you use each day. If you slip and have a cigarette, don't give up. Stop smoking again and get back on your program with **Nicorette** Lozenges.

Establish your support network. Keep friends' and family members' phone numbers ready to get the moral support you need. Before quitting, ask friends and family to support and encourage you. Think of specific ways they can help.

Reward yourself. Set aside little gifts to encourage yourself which you can earn by overcoming difficult hurdles.

HOW Nicorette LOZENGES WORK.

Nicorette Lozenges are a form of Nicotine Replacement Therapy. They deliver nicotine to your body, temporarily relieving craving and nicotine withdrawal symptoms when you quit smoking. But unlike cigarettes, **Nicorette** Lozenges deliver a lower, steady level of nicotine to your blood. When used as directed, **Nicorette** Lozenges help you regulate, control, and gradually reduce your body's craving for nicotine.

The good news is that **Nicorette** Lozenges contain no tar or carbon monoxide, and therefore don't present the same medical risks as cigarettes.

However, the lozenges still deliver nicotine, the addictive ingredient in cigarettes. And for some people the nicotine in **Nicorette** Lozenges can occasionally cause mouth or throat irritation, headaches, nausea, hiccups, upset stomach or dizziness.

USING Nicorette LOZENGES PROPERLY.

Remember, **Nicorette Lozenges aren't like ordinary lozenges such as cough drops.** This lozenge is designed to deliver nicotine into your system through the lining of your mouth, not in your stomach like most other medicines. It is important to minimize swallowing the dissolved medicine in these lozenges so that it can be properly absorbed in your mouth.

WALLET CARD

My most important reasons to quit smoking are:

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FRONT PANEL WHEN FOLDED

K/O PHARMACODE

BACK PANEL WHEN FOLDED

MyQuit
Program brought to you by
Nicorette
nicotine polacrilex lozenge
Lozenge
and GSK

Nicorette has created the **MyQuit** program to provide you with 360° support wherever and whenever you need it. The program provides a network of tools to help you get through those tough moments.

- **To Your Inbox:** Stay motivated with our personalized email support program that sends encouragement and tips straight to your inbox.
- **On The Web:** Get helpful advice, tips and inspiration from ex-smokers on Quit.com.
- **On The Go:** Log cravings and track your personal progress on your mobile phone with the MyQuit App.

To learn more visit www.quit.com

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<p>Do not use more than one lozenge at a time, or many lozenges one after another since this can cause hiccups, heartburn, nausea or other side effects.</p> <p>Read all the following instructions before using Nicorette Lozenges. Refer to them often to make sure you're using Nicorette Lozenges correctly.</p> <p>IMPORTANT: Don't worry or give up if you do not like the taste of the lozenge at first. Nicorette Lozenges are a medication, not a candy. Most people get used to the taste after a day or two. Remember, staying with the plan will help you quit. Begin using Nicorette Lozenges on your quit date.</p> <p>1) Remove the Nicorette Lozenge from the immediate container. Place the lozenge in your mouth and allow the lozenge to slowly dissolve. Minimize swallowing. Do not chew or swallow the lozenge. You may feel a warm or tingling sensation.</p> <p>2) Occasionally move the lozenge from one side of your mouth to the other side until completely dissolved.</p> <p>To reduce cravings or urges to smoke and other withdrawal symptoms, use Nicorette Lozenges according to the following dosage schedule:</p>	<table border="1"> <tr> <td>Weeks 1 through 6</td> <td>Weeks 7 through 9</td> <td>Weeks 10 through 12</td> </tr> <tr> <td>1 lozenge every 1 to 2 hours</td> <td>1 lozenge every 2 to 4 hours</td> <td>1 lozenge every 4 to 8 hours</td> </tr> </table> <p>Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day. At the end of 12 weeks (3 months) you will have completed treatment.</p> <p>FOR THE BEST CHANCE OF QUITTING, use Nicorette Lozenges on a regular schedule, using at least 9 lozenges a day during the first 6 weeks. That will help your body better adjust to the lack of cigarettes and better help prevent cravings. Some people may need more lozenges to reduce their cravings. Do not exceed the recommended maximum daily dosage of 20 lozenges per day. Do not continuously use one lozenge after another, since this may cause you hiccups, heartburn, nausea or other side effects.</p> <p>Do not eat or drink 15 minutes before using or while the lozenge is in your mouth.</p>	Weeks 1 through 6	Weeks 7 through 9	Weeks 10 through 12	1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours	<p>CUTTING BACK ON YOUR Nicorette LOZENGE USAGE.</p> <p>The whole reason for using Nicorette Lozenges is to decrease and slowly eliminate your need for nicotine, while you control cravings. So, as the schedule to the left indicates, you should gradually reduce the amount of Nicorette Lozenges you take per day. Some people find it easier to reduce by substituting ordinary sweets or sugar free candy for some of the Nicorette Lozenges they would normally use. As time goes on, you can increase the number of pieces of candy as you further reduce your use of Nicorette Lozenges. It is important to complete treatment. If you still feel the need to use Nicorette Lozenges to keep from smoking after week 12, talk with your health care provider.</p> <p>MAKE QUITTING EASIER ON YOURSELF.</p> <p>Soon after your quit date, parties, bars, celebrations, and socializing may all tempt you to smoke. Please remember these tips to help you resist those urges and stay smoke-free.</p> <p>The Day You Quit Smoking:</p> <ul style="list-style-type: none"> • Look to your family and friends for support. Let them know what to do or avoid doing to help you quit. • Throw away ALL cigarettes, ashtrays, matches, lighters. You don't need them. You don't want them and you want to make it difficult to go back. • Keep yourself occupied. Take a walk. See a movie. See friends. Do anything to keep your mind off cigarettes. • Calculate all the money you'll save by not buying cigarettes. Probably well over \$1,000 a year! \$1,000 a year? Think of what you can spend it on! • Know what situations are going to make you want to smoke. Plan now how you'll avoid them or deal with them so you don't smoke. • Keep Nicorette Lozenges next to your bed so you're prepared when you get up. A lot of people get cravings first thing in the morning. • Make an appointment to see your dentist and get the tobacco stains cleaned off. While you're getting rid of the evidence of cigarettes in the house, do the same for your teeth. Have clothes or drapes that smell of smoking cleaned. • Now that your house is smoke-free, try to spend most of your time in smoke-free environments. • If you usually smoked with coffee or alcohol, try to keep away from them for now. Remember you are also trying to break a habit. • Smoking is a "hands-on" habit. So use something else to occupy your hands: a rubber band or a pen. • Now's a good time to get active. Find activities to take your mind off cigarettes and relax. Take up jogging, swimming, or walking. • Don't stress out about gaining weight. Dieting now may weaken your efforts to quit smoking. Eat sensibly and exercise daily; drink large quantities of water and fruit juices; this can help your chances of staying smoke-free. • Laugh: Watch a sitcom. Read a comic book. It really helps. 	<p>forgive yourself and stop at that one cigarette. Don't let this slip ruin your good intentions, keep at your quit attempt. So, throw out your cigarettes and continue with your quit attempt, keeping in mind what went wrong and led to the slip.</p> <p>If you do go back to smoking, certainly don't throw out your Nicorette Lozenges. Keep them for the next time you're ready to quit. In fact research says that even if you are back to smoking regularly the best thing you can do is learn and try again.</p> <p>Try to understand the reason you had those cigarettes that made you slip. That's important, because now you can plan better to deal with these moments next time. It's true you stumbled, but don't think of yourself as having failed. Encourage yourself by treating the last attempt as a learning experience, even a "trial run" for the real thing.</p> <p>Take a look at the usage instructions and check that you used the Nicorette Lozenges correctly and for the full 12 weeks of the program. When you try again make sure you use enough and the right way. That way you'll be best equipped to deal with the unexpected cravings.</p> <p>Don't forget; quitting isn't easy and it takes practice to do anything. Stopping smoking is no different.</p> <p>YOU'VE MADE IT.</p> <p>Once your twelve week quitting program is over, you've taken your last Nicorette Lozenge. Now you are both cigarette and nicotine-free. Get up and give yourself a standing ovation. We mean it. Do you realize that you have just done a really difficult thing?</p> <p>Now's a good time to think back on the process. Think of all your reasons for quitting smoking. Think of your goals. Think of how they're going to be a reality now.</p> <p>Think of what you're going to do with your newly liberated cigarette money. The places you can now go smoke-free. Think of the extra time you may have added to your life and what you can do with it. And although you may still experience the occasional temptation, and cigarettes still want you back, think positively. Think forward. And consider yourself a proud non-smoker.</p> <p>FREQUENTLY ASKED QUESTIONS.</p> <p>1. When I stop smoking and start using Nicorette Lozenges how will I feel? Nicorette Lozenges help reduce cravings, but be prepared for some nicotine withdrawal symptoms. After you stop smoking they can begin almost at once and are normally at their strongest during the first three or four days. For some people, any of the following may occur:</p> <ul style="list-style-type: none"> • unexpected craving or urges for cigarettes • anxiety, irritability, restlessness, mood changes, nervousness • drowsiness • trouble concentrating • increased appetite and weight gain • headaches, muscular pain, constipation, fatigue <p>Nicorette Lozenges are designed to reduce the craving for nicotine you used to satisfy with cigarettes. Nicorette Lozenges can also help provide relief from other withdrawal symptoms such as irritability and nervousness.</p> <p>2. Are Nicorette Lozenges just swapping one type of nicotine addiction for another? Nicorette Lozenges do contain nicotine, however there is probably less nicotine in your daily dose of lozenges than in your cigarettes. Nicorette Lozenges give you enough nicotine to help you combat the physical withdrawal symptoms so you can cope with the mental side of stopping smoking. Also, since the nicotine from the lozenges goes into your blood stream more slowly, it produces less of the effects of nicotine that people find rewarding. In fact, when used as directed in the 12 week program, Nicorette Lozenges gradually wean you off your dependence for both nicotine and cigarettes.</p> <p>3. Can Nicorette Lozenges do any harm? Some people with conditions like heart disease or people taking prescription medicine for asthma or depression should not use this product without talking to their doctor—check the "IMPORTANT WARNINGS" on the front of this leaflet. You may also experience side effects such as hiccups, mouth or throat irritation, heartburn or other stomach problems such as nausea especially if Nicorette Lozenges are chewed or swallowed. In any case, Nicorette Lozenges do not contain the tar, carbon monoxide, and other toxins present in cigarette smoke.</p> <p>4. Will I put on weight? In the first couple of months after quitting smoking, some people do put on a few pounds. But think of it this way. Overall, you'll be healthier and look better. You can always tackle your weight by changing your diet and increasing the amount you exercise once you have gotten through the difficult part of stopping smoking.</p>	<p>5. Does taking Nicorette Lozenges cost more than smoking? If you normally smoke a pack and a half a day, your total cost of using Nicorette Lozenges during the 12-week period is about the same as smoking. But guess what? After you've finished the Nicorette Lozenge program all that money you used to spend on cigarettes is now savings. And think of the health issues you'll hopefully be able to avoid.</p> <p>6. What if I have a cigarette and start smoking? Don't panic. First, don't think badly of yourself. Throw away your cigarettes and forgive yourself. Then think about what went wrong and get back on track. In fact people who have already tried to stop smoking are more likely to be successful the next time.</p> <p>CHALLENGES TO WATCH FOR.</p> <p>Once you quit smoking, you are likely to experience periodic, and sometimes intense, temptations to smoke. Certain situations present special challenges. Some common ones include:</p> <p><i>Stress and upset.</i> When you are feeling stressed or upset, you may think a cigarette will make everything better. It won't. Find other ways to relax and unwind.</p> <p><i>The blues.</i> You may be especially vulnerable when you feel bored or blue. Remember that having a cigarette will just make you feel worse.</p> <p><i>Smoking cues.</i> Seeing cigarettes or watching other people smoke can trigger temptation. Remember that you choose not to smoke anymore.</p> <p><i>Alcohol.</i> Drinking and smoking seem to go together, and alcoholic beverages may weaken your resolve, making drinking dangerous to your quit effort. Avoid drinking early in your quit effort, and try to drink with non-smokers.</p> <p><i>Automatic slips.</i> Sometimes you may find yourself preparing to smoke without even realizing it. Watch out for those moments when your hand seems to "automatically" reach for a cigarette.</p> <p>Watch out for these situations: they can trigger a relapse. You probably know which one(s) are most dangerous for you; plan ahead to deal with the situation effectively. Always remember that you're trying to break a habit, and the most important thing is to do something to combat the urge in these situations.</p>	<p>©2017 GSK group of companies or its licensor.</p> <p>For more information please visit www.nicorette.com</p> <p>17-040CHFS</p>	<p>BLANK</p>	<p>BLANK</p>
Weeks 1 through 6	Weeks 7 through 9	Weeks 10 through 12											
1 lozenge every 1 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours											
<p>WHERE TO CALL FOR HELP:</p> <p>American Lung Association 1-800-586-4872</p> <p>American Cancer Society 1-800-227-2345</p> <p>American Heart Association 1-800-242-8721</p> <p>Quitting Buddy or Friend who has Quit</p>	<p>REMEMBER: Urges to smoke are temporary. They'll pass, even if you don't smoke.</p> <p>WHAT YOU CAN EXPECT.</p> <p>As you are successful at staying smoke-free, initially you will probably notice a few of the following typical withdrawal symptoms, so don't be surprised. Use of Nicorette Lozenges reduces these symptoms, but may not eliminate them entirely. They will go away with time. Stay focused on your goal of becoming an ex-smoker. Research shows that if you manage to avoid all smoking in the first week (that means not having a single puff), your chances of success increase dramatically.</p> <p>The First Few Days. You may feel nervous or irritable or have difficulty concentrating during the first few days after you quit smoking. Your body needs time to regain balance. Initially, you might feel a little out of sorts, get headaches, feel light-headed, or have trouble sleeping. Your smoker's cough may get worse before it improves. But fear not, it's a positive sign. Coughing helps clean your lungs of the tar residue you got from smoking.</p> <p>After a Couple of Weeks. Your confidence and ability to cope with urges to smoke should be getting stronger. But don't be over-confident and think you can smoke just one cigarette. Even now, having even a single puff can lead to a return to smoking cigarettes regularly. Be prepared, and remember why you wanted to stop smoking. Have you noticed that your sense of taste and smell has improved? You are probably coughing less and finding it easier to breathe. You've also probably noticed your withdrawal symptoms are subsiding (though don't worry if they're still there: they last longer for some people). These are all positive signs that your body is getting used to your success at stopping smoking.</p> <p>By The End of The First Month. You are less likely to have cravings for cigarettes as often. However sudden cravings may still happen, and when they do, be on your guard, as they can be strong and seem to come out of the blue. Be prepared for these challenging times. The key is do what you can so these unexpected cravings can't beat you. Keep focused on the ways non-smokers are more attractive than smokers. Their breath smells better. Their clothes and hair are fresher. Their teeth are cleaner and brighter. Their skin is less likely to wrinkle. Not smoking around children and your friends is also healthier for them too.</p> <p>WHAT IF YOU DO SLIP AND SMOKE?</p> <p>"What if I relapse?" One cigarette is a slip-up, but it's not the end of the quit effort. Everybody slips at something. The key is this:</p>	<p>WALLET CARD</p>	<p>BLANK</p>	<p>BLANK</p>	<p>BLANK</p>	<p>BLANK</p>	<p>BLANK</p>						