Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- oral blistering occurs
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

Lot
Exp

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

3 0000-0000-00 1

$5.00 Coupon Inside

NDC 0135-0466-08

gsk

Nicorette Gum

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

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 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

Gently push tab on side.

Pull up forcefully, pulling open box.

Dispense Nicorette Gum and follow dosing instructions.

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000062

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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- If you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

Lot
Exp

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

3 0000-0000-00 1

NDC 0135-0241-08

$5.00 Coupon Inside

gsk

Nicorette Gum

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

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 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. **Pull up forcefully, pulling open box.**
3. **Dispense Nicorette Gum and follow dosing instructions.**

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000066

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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-665-1743**

Reference ID 4784357

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

☛

Flip open for Directions and additional information
Retain this package for complete product information

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

Lot
Exp

3 0000-0000-00 1

$5.00 Coupon inside

NDC 0135-0474-08

gsk

Nicorette Gum

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

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 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. **Pull up forcefully, pulling open box.**
3. **Dispense Nicorette Gum and follow dosing instructions.**

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000070

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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients
acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results.
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects. ▶

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Nicorette

Cinnamon Surge Gum

100 PIECES, 2 mg EACH

Drug Facts (continued)

- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-888-569-1743

NPA000073

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 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.

100 PIECES, 2 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

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 Gum.

Coated
FOR BOLD FLAVOR

Cinnamon Surge

100 PIECES, 2 mg EACH

Nicorette

Cinnamon Surge Gum

000000

LOT:

EXP:

Nicorette

Cinnamon Surge Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette
Fruit Chill Gum
100 PIECES, 2 mg EACH

Drug Facts (continued)
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-888-569-1743

NPA000075

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 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.

100 PIECES, 2 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

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

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 Gum.

Coated
FOR BOLD FLAVOR
Fruit Chill
100 PIECES, 2 mg EACH

Nicorette
Fruit Chill Gum

000000

LOT:

EXP:

Nicorette
Fruit Chill Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette

White Ice Mint Gum

100 PIECES, 2 mg EACH

Drug Facts (continued)

- It is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 • 25°C (68 • 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-888-569-1743

NPA000081

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 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.

100 PIECES, 2 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

2 mg

Coated

FOR BOLD FLAVOR

White 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 Gum.

100 PIECES, 2 mg EACH

Nicorette

White Ice Mint Gum

000000

LOT:

EXP:

Nicorette

White Ice Mint Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette
Spearmint Burst Gum
with a hint of chamomile

100 PIECES, 2 mg EACH

Drug Facts (continued)

- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-888-569-1743

NPA000079

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 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.

100 PIECES, 2 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

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

2 mg

Coated
FOR BOLD FLAVOR

Spearmint Burst
with a hint of chamomile

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 Gum.

100 PIECES, 2 mg EACH

Nicorette
Spearmint Burst Gum
with a hint of chamomile

000000

LOT:

EXP:

Nicorette
Spearmint Burst Gum
with a hint of chamomile

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

000000

Nicorette
Original Gum

110 PIECES, 2 mg EACH

Drug Facts (continued)
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
flavors, glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

Questions or comments?
call toll-free 1-888-569-1743

NPA000077

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 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.

110 PIECES, 2 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette
nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

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 Gum.

Original

110 PIECES, 2 mg EACH

Nicorette
Original Gum

000000

LOT:

EXP:

Nicorette
Original Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

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3 0000-0000-00 1

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 2 mg nicotine) ..... Stop smoking aid

Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, clammy, 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it begins. Then park it between your cheek and gum. When the taste is gone, begin chewing again, until the taste returns.
- repeat this process until most of the taste 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. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients acacia, acesulfame potassium, carnauba wax, edible ink, gum base, hyaluronidase, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polyvinylate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743

3 0000-0000-00 1

NPA000059

Nicorette

Cinnamon Surge Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-engage/ for details.

NPA000059

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:
- You must be motivated to quit.
- Use enough — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum, hold at bottom of opening at crease with upright unit.

Hold at bottom, remove with loose edge.

Firm gum smooth foil.

160 PIECES, 2 mg EACH

NDC 0000-0000-00

gsk

VALUE PACK

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

N2

Coated FOR BOLD FLAVOR

Cinnamon Surge

160 PIECES, 2 mg EACH

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 Gum.

Nicorette

Cinnamon Surge Gum

Reference D: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

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

Use • reduces withdrawal symptoms, inducing nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- 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, teeth or gum 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour; however, do not continuously use one piece after another since this may cause you hiccough, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- if it is important to complete treatment, if you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

▼

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743

3 0000-0000-00 1

Nicorette

Fruit Chill Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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NPA000001

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:
- You must be motivated to quit.
- Use enough — Chew all dosed pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum from single unit, Pull at backing, starting at corner with loose edge. Pull gum through hole.

160 PIECES, 2 mg EACH

NDC 0000-0000-00

GSK

VALUE PACK

Nicorette

nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

Coated FOR BOLD FLAVOR

Fruit Chill

160 PIECES, 2 mg EACH

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 Gum.

Nicorette

Fruit Chill Gum

Reference D: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 2 mg 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.

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
- 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, 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 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** see 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-366-1743

3 0000-0000-00 1

Nicorette

White Ice Mint Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

NPN000000

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Chew 1 piece every 1 to 2 hours for the first 6 weeks. Then chew 1 piece every 2 to 4 hours for weeks 7 to 9. Then chew 1 piece every 4 to 8 hours for weeks 10 to 12. Do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece. Chew slowly until you feel a tingle. 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).
3. **Use Enough** — Use Nicorette gum for the first 12 weeks. Use at least 9 pieces per day for the first 6 weeks.
4. **Use with a Support Program** as directed in the enclosed User's Guide.

To remove the gum, first fold backing, starting at corner with single lines.

Fold on backing, starting at corner with three edges.

Pull gum through fold.

160 PIECES, 2 mg EACH

NIC 0000-0000-00

GSK

VALUE PACK

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

M2

Coated FOR BOLD FLAVOR

White 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 gum.

160 PIECES, 2 mg EACH

Nicorette
White Ice Mint Gum

Lot:

Exp:

Reference ID: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 2 mg 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.

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
- 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, 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 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-366-1743

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Crave or insert a pieces of Nicorette gum per day during 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.

To remove the gum, twist off single unit.

Feel free to chewing, starting at corner with flavor edge.

Push gum through foil.

160 PIECES, 2 mg EACH

NIC 0000-0000-00

gsk

VALUE PACK

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

GUM

Coated FOR BOLD FLAVOR

Spearmint Burst with a hint of chamomile

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

2 mg

If you smoke your first cigarette within 30 minutes of waking up, use Nicorette 4 mg gum.

160 PIECES, 2 mg EACH

Nicorette

Spearmint Burst Gum

with a hint of chamomile

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3 0000-0000-00 1

Nicorette

Spearmint Burst Gum

with a hint of chamomile

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program!
Visit www.quit.com/join-myquit for details.

NPN000086

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Reference ID: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 2 mg 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.

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 medications. Nicotine can increase 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, 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
Resins, glycerin, gum base, sodium bicarbonate, sodium carbonate, aortitol

Questions or comments? call toll-free 1-888-368-1745

3 0000-0000-00 1

Nicorette
Original Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program!
Visit www.quit.com/join-myquit for details.

NPN000088

NPN000089

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Chew 4 pieces of Nicorette gum per day during first 6 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.

To remove the gum, tear off single strip.

First rub blister to release the gum. Then push gum through foil.

170 PIECES, 2 mg EACH

NDC 0000-0000-00

gsk

VALUE PACK

Nicorette
nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

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 Gum.

Original

170 PIECES, 2 mg EACH

Nicorette
Original Gum

Reference ID: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 2 mg 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.

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 medications. Nicotine can increase 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, 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polycarbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call 1-8-Free 1-888-569-1743

3 0000-0000-00 1

Nicorette

Fruit Chill Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Visit www.quit.com/join-myquit for details.

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OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Chew 8 (eight) pieces of Nicorette gum per day during first six weeks.
3. **Use Long Enough** — Use Nicorette gum for the full 12 weeks. Nicorette gum is a medicine and must be used as directed to the achieved Use's Guide.

To prevent the gum from sticking to teeth, chew slowly.

First-aid treatment for gum, contact with mouth or throat.

Flush gum through hole.

180 ~~160~~ PIECES, 2 mg EACH

NDC 0000-0000-00

BONUS PACK
20 EXTRA PIECES

gsk

Nicorette

nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

Coated
FOR BOLD FLAVOR

Fruit Chill

180 ~~160~~ PIECES, 2 mg EACH

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 Gum.

Nicorette
Fruit Chill Gum

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 2 mg 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.

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
- 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, 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 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
- begin using this gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call 1-8-Free 1-888-569-1743

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Nicorette

White Ice Mint Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program!
Visit www.quit.com/join-myquit for details.

NPA000087

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be committed to quit.
2. **Use Correctly** — Chew 1 piece every 1 to 2 hours for the first 6 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.

To remove the gum, wrap it in tissue.

Avoid dehydrating, drinking or eating food or liquids.

Place gum through foil.

180 PIECES, 2 mg EACH

NICO 0000-0000-00

BONUS PACK
20 EXTRA PIECES

gsk

Nicorette

nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

Coated
FOR BOLD FLAVOR

White 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 Gum.

180 ~~200~~ PIECES, 2 mg EACH

Nicorette
White Ice Mint Gum

Lot:

Exp:

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NPA000087

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Reference ID: 78 357

NO COPY AREA

Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 2 mg 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.

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
- 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, 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 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
- begin using this gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call 1-8-8-Stop-Smoking

Nicorette

Spearmint Burst Gum
with a hint of chamomile

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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NPN000086

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Chew 4 pieces of Nicorette gum per day during 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.

To remove the gum, hold at center with single hand.

Rest at bottom of mouth between chewing to release nicotine.

Pulp gum flavor through tongue.

180 PIECES, 2 mg EACH

NIC 0000-0000-00

BONUS PACK
20 EXTRA PIECES

gsk

Nicorette

nicotine polacrilex gum, 2 mg · stop smoking aid

Gum

Coated
FOR BOLD FLAVOR

Spearmint Burst
with a hint of chamomile

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 Gum.

180 PIECES, 2 mg EACH

Nicorette
Spearmint Burst Gum
with a hint of chamomile

NO COPY AREA

LOT:

EXP:

Drug Facts

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

Use
- reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- 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, teeth or gum 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
- begin using the gum on your quit day
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour; however, do not continuously use one piece after another since this may cause you hiccough, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- if it is important to complete treatment, if you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

◄

Drug Facts (continued)

Other information
- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
flavors, glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

Questions or comments? call toll-free 1-888-889-1743

3 0000-0000-00 1

Nicorette
Original Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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NPA000039

NPA000049A

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:
- You must be motivated to quit.
- Use enough — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum, tear off sample unit.

Pull out backing, unfold or crease with loose edge.

Pull gum through hole.

200 PIECES, 2 mg EACH

NDC 0041-0030-00

gsk

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

Original

2 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette WITHIN 30 MINUTES of waking up, use Nicorette 4 mg Gum.

200 PIECES, 2 mg EACH

Nicorette
Original Gum

LOT:

EXP:

Reference D: 78 357

NDC 0000-0000-00
gsk
Nicorette
nicotine polacrilex gum, 2 mg • stop smoking aid
Gum
200 PIECES
2 mg EACH
N2
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 Gum.
Coated
FOR BOLD FLAVOR
Fruit Chill
NPA000105
200 PIECES, 2 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

Visit **www.quit.com/join-myquit** to enroll in a free, personalized quit plan. **MyQuit** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **MyQuit**.

- **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**

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 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.

Drug Facts

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

Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

NPA000104

Lot:

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NDC 0000-0000-00
gsk
Nicorette
nicotine polacrilex gum, 2 mg • stop smoking aid
Gum
200 PIECES
2 mg EACH
N2
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 Gum.
Coated
FOR BOLD FLAVOR
White Ice Mint
NPA000113
200 PIECES, 2 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

Visit **www.quit.com/join-myquit** to enroll in a free, personalized quit plan. **MyQuit** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **MyQuit**.

- **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**

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 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.

Drug Facts

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

Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

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NDC 0000-0000-00
gsk
Nicorette
nicotine polacrilex gum, 2 mg • stop smoking aid
Gum
200 PIECES
2 mg EACH
N2
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 Gum.
Coated
FOR BOLD FLAVOR
Spearmint Burst
with a hint of chamomile
NPA000108
200 PIECES, 2 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

Visit **www.quit.com/join-myquit** to enroll in a free, personalized quit plan. **MyQuit** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **MyQuit**.

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- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

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 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.

Drug Facts

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

Nicotine polacrilex (equal to 2 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 11 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

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Nicorette
Gum
2 mg
NDC 0000-0000-00
gsk
Original
200 PIECES
NPA000135

Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

Visit **www.quit.com/join-myquit** to enroll in a free, personalized quit plan. **MyQuit** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **MyQuit**.

- **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**

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 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.

Drug Facts

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

Nicotine polacrilex (equal to 2 mg 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.

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.
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- 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.

Directions

- **if you are under 18 years of age, ask a doctor before use** ▶

Drug Facts (continued)

- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the gum on your quit day
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

flavors, glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

Questions or comments? call toll-free **1-888-569-1743**

NPA000100

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951148
NICORETTE® 2 mg
nicotine polacrilex
Cinnamon Surge™
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000.00/0000
NICORETTE® 2 mg Cinnamon Surge™ 10 pieces
Chew Activated Release Keep out of reach of children
58199XD

951150
NICORETTE® 2 mg
nicotine polacrilex
Fruit Chill®
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000.00/0000
NICORETTE® 2 mg Fruit Chill® 10 pieces
Chew Activated Release Keep out of reach of children
58134XC

951152
NICORETTE® 2 mg White Ice Mint® 10 pieces
Chew Activated Release Keep out of reach of children
NICORETTE® 2 mg
nicotine polacrilex
White Ice Mint®
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000.00/0000
58238XD

951255
NICORETTE® 2 mg
nicotine polacrilex
Spearmint Burst
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
NICORETTE® 2 mg Spearmint Burst 10 pieces
Chew Activated Release Keep out of reach of children
101788XB

951146
NICORETTE® 2 mg Original 10 pieces
Chew Activated Release Keep out of reach of children
NICORETTE® 2 mg
nicotine polacrilex
Original
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000.00/0000
80090XD

Reference ID: 4784357

Reference ID: 4784357

Reference ID: 4784357

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette

nicotine polacrilex gum

2 mg and 4 mg User's Guide

Gum

GSK

PLACE THESE REMINDERS ON YOUR CALENDAR:

- **STEP 1** (1 piece every 1 to 2 hours) — AT THE BEGINNING OF WEEK #1
- **STEP 2** (1 piece every 2 to 4 hours) — AT THE BEGINNING OF WEEK #3
- **STEP 3** (1 piece every 4 to 8 hours) — AT THE BEGINNING OF WEEK #10
- **EX-SMOKER** — 12 WEEKS AFTER QUIT DATE

KEYS TO SUCCESS.

Keys to success for those who quit smoking for **Nicorette** Gum can be **do**wn on the reverse left side of this User's Guide:

STEP 1 (Weeks 1–6).
You 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 stop smoking and start using **Nicorette** Gum to help you quit. For the first six weeks, you'll use a piece of **Nicorette** Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the "STEP 1" reminder on this date.

STEP 2 (Weeks 4–9).
The day you'll switch to a smaller version of Nicorette Gum. After six weeks, you'll begin gradually reducing your **Nicorette** Gum usage to one piece every two to four hours. Place the "STEP 2" reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).
The day you'll further reduce your use of Nicorette Gum. By week 10, you'll be ready to further reduce your **Nicorette** Gum usage. Cut back to one piece every four to eight hours.

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. Clinical research shows that when combining cessation counseling with **Nicorette** Gum, people are more likely to stop smoking than those who try to quit on their own. Quitting smoking is difficult. But you don't have to go it alone. There are many people who can help you. Here's how:

1) Talk to your family and friends and ask them for their support and encouragement.
2) Talk to your doctor or other healthcare provider about your plan to quit smoking.
3) If you need more support, call the National Cancer Institute at 1-800-4-CANCER (1-800-422-6237).
4) **Become an ex-smoker!** Reward yourself for your success!
5) If you need more support, call the American Lung Association at 1-800-586-4872.

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 succeed. Quitting is a process. Learn from your past attempts and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.

You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. There may be a smoking cessation program in your community. Check your local chapter of the American Lung Association, American Cancer Society or American Heart Association. Or call information. Look for phone numbers in your local phone book. Or call the National Cancer Institute, Clean Air Project at 1-800-4-CANCER (1-800-422-6237). Also, see the back of this User's Guide.

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 succeed. Quitting is a process. Learn from your past attempts and give tips to help you stop smoking, and should be referred to often.

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MyQuit

Program brought to you by **Nicorette** nicotine polacrilex gum Gum 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 with the mobile phone with the MyQuit App.

To learn more visit www.quit.com/join-myquit

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WALLET CARD

My most important reasons to quit smoking are:

_____

_____

_____

_____

_____

NPA000195

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

1.875 wide

8.25

1.25

1.4375

1.4375

2.875

4.125

DataMatrix 00000000 5mm

14.75

FRONT

14.75

BACK

1.875 wide

8.25

1.25

1.4375

1.4375

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

American Heart Association
1-800-242-8721

(02/02/2) USE IN BYWEEK

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.

TIPS

- **Make sure you tell friends and family members that you quit.**
- **Use enough Nicorette Gum — at least 9 to 12 pieces per day.**
- **When an urge to smoke strikes, take a few deep breaths and remind yourself how important quitting is to you.**

WEEK ONE

Day	Pieces Chewed	Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use **Nicorette** Gum properly. Follow the directions on your **Nicorette** Gum package.

Use this sample of the Stop Smoking Plan to get you through the first week.

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.
- Chew two tablets well (something like a pencil or a paper clip).
- Find other activities which help you talk without cigarettes.
- Sweet, juicy tastes work, like candy, or fruit juices.
- Keep busy: Walk, ride a bicycle, play basketball, do anything you can do to take your mind off cigarettes.
- Change your routine: Take different routes to work, sit in different places at the dinner table, brush your teeth with your non-dominant hand, use a different toilet, etc.
- Avoid your favorite places where you used to smoke.
- Stay away from people who smoke.
- Keep your hands and mouth busy with things such as a toothpick, pencil, paper clip, or other small objects.
- Exercise — Walk or run if something forms.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

Nicotine is the drug in tobacco that causes the strong dependence on tobacco. The other **is** for using **Nicorette** Gum **to** help you reduce your nicotine craving gradually. **a** Gum will **to** help you reduce your nicotine craving gradually. **a** Gum will **to** help you reduce your nicotine craving gradually. **a** Gum will

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK 1 — STEP 1 (1 piece every 1 to 2 hours)

AT THE BEGINNING OF WEEK 6 — STEP 2 (1 piece every 2 to 4 hours)

AT THE BEGINNING OF WEEK 9 — STEP 3 (1 piece every 4 to 8 hours)

AT THE BEGINNING OF WEEK 9 TO — EX-SMOKER

12 WEEKS AFTER QUIT DATE — EX-SMOKER

Nicorette

nicotine polacrilex gum

2 mg and 4 mg User's Guide

Gum

KEYS TO SUCCESS. Nicorette is for people who want to stop smoking. Nicorette Gum can help you use 2 mg nicotine gum. Next, read through the entire User's Guide and the Stop Smoking Program. Take out a calendar that you can use to track your progress, identify four dates, using the reminders on the upper left side of this page.

SO YOU DECIDED TO QUIT.

1. Control your physical cravings for nicotine. Use enough Nicorette Gum — 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.

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use Nicorette Gum properly. Follow the directions on your Nicorette Gum package.

WEEK ONE

Day	Pieces Chewed	Planning: Plan ahead. None events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

Use this sample of the Stop Smoking Plan to get you through the first week.

Quitting Tips

How To Survive the First Week:

1. **Control your physical cravings for nicotine.** Use enough Nicorette Gum — 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.

TIPS

- **Make sure you tell friends and family members that you quit.**
- **Use enough Nicorette Gum — at least 9 to 12 pieces per day.**
- **Drink water. 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.**

WHERE TO CALL FOR HELP:

American Lung Association 1-800-586-4872

American Cancer Society 1-800-227-2345

American Heart Association 1-800-242-8721

WALLET CARD

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MyQuit Program brought to you by **Nicorette** nicotine polacrilex gum 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 with the MyQuit App, mobile phone with the MyQuit App.

To learn more visit www.quit.com/join-myquit

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My most important reasons to quit smoking are:

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

NPA000196

DataMatrix 00000000 5mm

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SO YOU'RE UP AGAINST. Nicorette Gum provides the nicotine you need for nicotine to become both physical and mental. You must overcome both addictions to help stop smoking. So while Nicorette Gum will lessen your body's physical craving for nicotine, it can't do anything about the mental dependence on cigarettes. Once you've decided that you're ready to quit, you can use Nicorette Gum when and wherever you're craving a cigarette. Nicorette Gum will lessen your body's craving for nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

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Ask a doctor before use if you have
- heart disease
- recent stomach or intestinal problems
- diabetes
- hyperthyroidism
- hypertension
- peptic ulcer
- allergies
- a history of heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- a history of stroke
- a history of liver or kidney problems with medication. Nicotine can increase your blood pressure.
- a history of cancer
- a history of allergic reaction such as rash or difficulty breathing
- a history of Raynaud's disease (cold fingers and toes)
- a history of gastrointestinal problems such as nausea, vomiting, or diarrhea
- a history of oral problems such as gum disease, gum irritation, or sores
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

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LET'S GET STARTED. Becoming a nonsmoker starts today. Your first step toward a smoke-free life is the right starting date. **If you smoke your first cigarette within 30 minutes of waking up,** use 2 mg nicotine gum. Next, read through the entire User's Guide and the Stop Smoking Program. Take out a calendar that you can use to track your progress, identify four dates, using the reminders on the upper left side of this page.

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 begin using Nicorette Gum to satisfy your cravings for nicotine. Place the Step 1 reminder on this date (the first day of week 1).

STEP 2 Weeks 6-9.
The day you'll start reducing your use of Nicorette Gum. Nicorette Gum should be your only source of nicotine. Place the Step 2 reminder on this date (the first day of week 6).

STEP 3 Weeks 10-12.
The day you'll further reduce your use of Nicorette Gum. Your goal is to be free of Nicorette Gum by the end of week 12. Place the Step 3 reminder on this date (the first day of week 9).

End of treatment.
The day you'll complete Nicorette Gum therapy. Identify and place the date you will be free of Nicorette Gum. Place the End of treatment reminder on this date on your calendar.

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 succeed. But the more you know about what to expect, the more likely you will succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about Nicorette Gum and how it can help you stay quit. It also includes references to other helpful sources of information.

WHERE TO GET HELP. Your decision to stop smoking is important. 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 hospital, your local American Lung Association, your local American Cancer Association or your local American Heart Association for information. Telephone numbers are printed on the back. Call on the bottom left of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after you have quit, don't give up. Most people who succeed need to try more than once. Quitting is a skill that improves with practice. Talk to your doctor or other health care professional. They may be able to help you improve your chance of quitting the next time you try. Keep this User's Guide handy.

LET'S GET ORGANIZED. Quitting smoking involves a combination of concerns about health, the effect of smoking on your appearance, pressure from your family and friends to stop smoking, or maybe you're concerned about the cost of smoking or just want to be free of the habit. Write down what is most important to you. Place this list on the bottom left of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

SO YOU'RE UP AGAINST. Nicorette Gum provides the nicotine you need for nicotine to become physically addicted to cigarettes. Once you've decided that you're ready to quit, you can use Nicorette Gum when and wherever you're craving a cigarette. Nicorette Gum will lessen your body's craving for nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

SOME IMPORTANT WARNINGS. This product is only for those who want to stop smoking.

If you are pregnant or breast-feeding, only use this medicine on the advice of your doctor. Smoking is harmful to you and your baby. Stopping smoking is the most important thing you can do for your health and that of your baby. However, this product is only for those who want to stop smoking.

Stop use and ask a doctor if
- you have a rash or other allergic reactions occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, weakness, or rapid pulse. Stop use of gum immediately.
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

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SO YOU'RE UP AGAINST. Nicorette Gum provides the nicotine you need for nicotine to become physically addicted to cigarettes. Once you've decided that you're ready to quit, you can use Nicorette Gum when and wherever you're craving a cigarette. Nicorette Gum will lessen your body's craving for nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

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- you have a rash or other allergic reactions occur
- irregular heartbeat or palpitations occur
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- you have symptoms of an allerg

FRONT VIEW

45mm

180mm

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette

gsk

nicotine polacrilex gum
2 mg and 4 mg User's Guide

Gum

KEYS TO SUCCESS.

1) You must really want to quit smoking for **Nicorette** Gum to help you.
2) You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum. See chart on back side of User's Guide.
3) You should continue to use **Nicorette** Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use **Nicorette** Gum for a longer period to keep from smoking, talk to your health care provider.
4) **Nicorette** Gum works best when used together with a support program — See information below for instructions on enrollment in the MyQuit Individualized Stop Smoking Program.
5) If you have trouble using **Nicorette** Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-888-569-1743.

SO YOU DECIDED TO QUIT.

Congratulations. Your decision to stop smoking is an important one. That's why you've made the right choice in choosing **Nicorette** Gum.

Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with **Nicorette** Gum.

QUITTING SMOKING IS HARD!

If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about **Nicorette** Gum and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.

You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll-free phone numbers are printed on the Wallet Card on the back of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using **Nicorette** Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try **Nicorette** Gum or another method.

LET'S GET ORGANIZED.

Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the Wallet Card on the bottom left of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST.

Smoking is addictive in two ways. Your need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while **Nicorette** Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

SOME IMPORTANT WARNINGS.

This product is only for those who want to stop smoking.

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

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
- 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, 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 4 mg nicotine gum. **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the reminders on the bottom left 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 begin using **Nicorette** Gum to satisfy your cravings for nicotine. For the first six weeks, you'll use a piece of **Nicorette** Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the Step 1 reminder on this date.

STEP 2 (Weeks 7-9).
The day you'll start reducing your use of Nicorette Gum.
After six weeks, you'll begin gradually reducing your **Nicorette** Gum usage to one piece every two to four hours. Place the Step 2 reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).
The day you'll further reduce your use of Nicorette Gum.
Nine weeks after you begin using **Nicorette** Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 reminder on this date (the first day of week ten). For the next three weeks, you'll use a piece of **Nicorette** Gum every four to eight hours.

End of treatment
The day you'll complete Nicorette Gum therapy.
Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" reminder on your calendar.

PLAN AHEAD.

Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:
- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of **Nicorette** Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately stop smoking and resume your quit attempt with the **Nicorette** Gum program.
- Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or small metal balls.
- Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll "give" yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW NICORETTE GUM WORKS.

Nicorette Gum's sugar-free chewing pieces provide nicotine to your system — they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. **Nicorette** Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine. Because **Nicorette** Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use. Before you can use **Nicorette** Gum correctly, you have to practice! That sounds silly, but it isn't. **Nicorette Gum isn't like ordinary chewing gum.** It's a medicine, and must be chewed a certain way to work right. Chewed like

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE) — STEP 1: 1 piece every 1 to 2 hours

AT THE BEGINNING OF WEEK #7 — STEP 2: 1 piece every 2 to 4 hours

AT THE BEGINNING OF WEEK #10 — STEP 3: 1 piece every 4 to 8 hours

12 WEEKS AFTER QUIT DATE — EX-SMOKER

MyQuit

Program brought to you by

Nicorette
nicotine polacrilex gum
Gum
and GSK

To learn more visit
www.quit.com/join-myquit

Trademarks are owned by or licensed to the GSK group of companies.

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.

WALLET CARD

My most important reasons to quit smoking are:

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

112mm

560mm

BACK VIEW

ordinary gum. **Nicorette** Gum work 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 not chew correctly, you may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using Gum may be reduced by some foods and drinks, such as coffee, juices, wine or soft drinks.

1) Begin using **Nicorette** Gum on your quit day.
2) To reduce craving and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule below.
3) Chew each **Nicorette** Gum piece very slowly at first.
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, park) until most of the nicotine is gone from the **Nicorette** Gum piece (usually happens in about half an hour. Then the pepper taste or tingle will not 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 think you need more than 24 pieces of **Nicorette** Gum, talk to your health care provider. Never exceed the number of pieces of **Nicorette** Gum. Never swallow gum. Never put the second piece within the hour. However, do not continuously use one piece after another within the hour. Doing this may cause a rapid rise in nicotine in your blood, which may lead to nausea, heartburn, 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 on page 3 shows how **Nicorette** Gum will help you reduce your nicotine cravings gradually as you reduce and then stop your use of **Nicorette** Gum. Never exceed the number of pieces listed in your quit schedule. Never use more than one piece of **Nicorette** Gum at a time. However, do not continuously use one second piece within the hour. Doing this may cause a rapid rise in nicotine in your blood, which may lead to nausea, heartburn, or other side effects.

- 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.
- Cut back on the number of pieces you use each day.
- 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 have to chew about 3 to 5 pieces a day. Get ready to stop.

The following tips may help you to stop using **Nicorette** Gum when you have completed treatment.

- 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 it in any gum or mints.

Talk to your doctor or health care provider if your:
- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking
- start using **Nicorette** Gum again after stopping
- start smoking again

TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party. Here are some tips to help you through the important first stages of becoming a non-smoker:

On Your Quit Date:
- Ask your family, friends and co-workers for support.
- Throw away all your cigarettes, 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.
- White down what you will do with the money you save.
- Know your high risk situations and plan ahead on 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.
- Don't worry too much about gaining weight. Watch what you eat, take time for daily exercise, and develop healthy eating habits.
- Learn the Facts. 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. Sleeping at first. These are typical withdrawal symptoms that will go away with time. Your smokers' cough will get worse before it gets better. But don't worry, that's a good sign. Coughing helps clear the tar deposits out of your lungs.

After A Week Or Two.
By now you should be feeling more confident that you can handle those smoking urges. Many of your withdrawal symptoms have left by now, and you should be noticing some positive signs: less coughing, better breathing and an improved sense of taste and smell. Be patient. These difficult times.

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 enough to make you want to smoke. Don't let them catch you off guard. Plan ahead for times when you're most likely to want to smoke.

Concentrate on the ways non-smokers are more attractive than smokers. Their skin is healthier. 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. Children and others around them are healthier, too.

What To Do About Relapse.

While it's best to do it on your own at first, if you start smoking again, keep your box of **Nicorette** Gum handy. Don't let a lapse or one or two or even a few cigarettes be your excuse for your efforts. Discard your cigarettes, forgive yourself and try again. 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, don't beat yourself as a failure. Plan on doing what this problem next time.
- Take positivity 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 cravings and 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. How do it again, You deserve it. Remember now why you decided to stop smoking in the first place. Look at yourself for some incentive and reward again. And smile. When think about all the money you are saving and what you'll do with it. All the cigarettes you have not smoked. Keep your added of you for 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 new life as non-smoker.

QUESTIONS & ANSWERS.

1. How will I feel when I stop smoking and start using Nicorette Gum?
These begin almost immediately after you stop smoking, and are usually at their worst during the first three to four days. Understand that any of the following is possible:
- craving for cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- drowsiness
- headaches, muscular pain, constipation, fatigue
- increased appetite and weight gain

2. Is Nicorette Gum just substituting one for another?
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.

Nicorette Gum does contain nicotine. The purpose of **Nicorette** Gum is to provide you with enough nicotine to help control the physical withdrawal symptoms or 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.

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 the this product without advice from their doctor. Check the SOME IMPORTANT WARNINGS section on the front of this User's Guide.

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 lockjaw, 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 during 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 spends on cigarettes for the same period of time. Also, the cost 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 your cigarette a failure to quit yourself. But, don't pretend that you have already quit to be successful the next time.

GOOD LUCK!

Quitting Tips

How To Survive the First Week:

1. **Control your physical cravings for nicotine.** Use enough — You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum.
2. **Get rid of all signs that you ever smoked —** ashtrays, matches and, of course, cigarettes.
3. **Stay active.** Keep busy to take your mind of smoking.
4. **Think positive!** The first week is the toughest. Remind yourself that it will get easier.

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use **Nicorette** Gum properly. Follow the directions on your **Nicorette** Gum package.

Use this sample of the Stop Smoking Plan to get you through the first week.

WEEK ONE

Day	Pieces Chewed	Feelings, Plan Ahead, Note events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

American Heart Association
1-800-242-8721

Quitting Tips

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Use this sample of the Stop Smoking Plan to get you through the first week.

WEEK ONE

Day	Pieces Chewed	Feelings, Plan Ahead, Note events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

American Heart Association
1-800-242-8721

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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.**
- **Reward yourself for every milestone. Take a few deep breaths to remind yourself how important quitting is to you.**

BACK VIEW

An overdose can occur if you drink 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 later if you have more questions.

Nicorette Gum is not a food. Do not eat or drink for 15 minutes before using **Nicorette** Gum. Food and drinks, such as coffee, juices, wine or soft drinks, may reduce the effectiveness of **Nicorette** Gum.

1) Begin using **Nicorette** Gum on your quit day.
2) To reduce cravings and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule below.
3) Chew each **Nicorette** Gum piece **only** a few times.
4) Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. This usually happens after about 15 chews. Turn away from people to avoid breathing on them.
5) Park the **Nicorette** Gum 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 in a different place in your mouth.
8) Repeat steps 3 to 7 (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 ring 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 scheduled for Nicorette Gum:

Weeks 1 to 6	Weeks 7 to 12
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours
1 piece every 2 to 4 hours	1 piece every 4 to 8 hours

DO NOT USE MORE THAN 24 PIECES PER DAY.

Does you've stopped smoking, take a second and pat yourself on your back. How do it again, but deserve it. Remember now why you decided to stop smoking in the first place. Look in your list of reasons. Read them aloud. Make smile. How think about how you are saving and what you'll do with it. All the non-smoking places you can go, and what you might do there. Remember the 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.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

The goal of using **Nicorette** Gum is to slowly reduce your dependence on nicotine. Schedule for using **Nicorette** Gum will help you reduce your **Nicorette** Gum. Here are some tips to help you cut back during each step:

- After a while, start chewing each **Nicorette** Gum piece for only 10 to 15 minutes, instead of half an hour. Chew gradually to reduce the number of pieces used.
- Chew **Nicorette** Gum pieces **only** for short periods of time.
- Substitute ordinary chewing gum for some of the **Nicorette** Gum pieces you would normally have. Increase the number of pieces of ordinary gum as you cut back on the **Nicorette** Gum pieces.
- Chew **Nicorette** Gum pieces **only** to stop cravings. Do not continuously use one **Nicorette** Gum piece for more than 30 minutes.

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 to cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- drowsiness
- trouble concentrating
- headaches, muscular pain, constipation, fatigue
- increased appetite and weight gain

Nicorette Gum can help provide relief from withdrawal symptoms such as irritability and nervousness, as well as 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 lower pieces each day.

3. Can I be hurt by using Nicorette Gum?
For most adults, the amount of nicotine in the gum is less than twice the amount of nicotine you would get from smoking. Some people will be sensitive to even this amount of nicotine. See the SOME IMPORTANT WARNINGS section on the front of this User's Guide.

Talk to your doctor or health care provider if you:

- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking.
- start using **Nicorette** Gum again after stopping.
- start smoking again.

TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party or bar. Here are some tips to help you get 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 attempt to stop smoking cigarettes, matches, lighters, ashtrays, etc.
- Throw away your cigarettes and matches.
- Keep your hands busy with something like a pencil or paper clip.
- Keep your mouth busy. Eat a snack, chew gum, or drink water.
- Try to avoid situations which may lead you to want to smoke.
- Stay active. Keep busy to take your mind off smoking.
- Think positive! The first week is the toughest. Remind yourself that it will get easier.
- Think of the benefits to your health, your family and your finances.
- Reward yourself with the money you save.
- 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 never far away, at the times when you have an urge to use **Nicorette** Gum, use a strong flavored gum or mint such as cinnamon or peppermint.
- Use the same number of pieces or 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 pieces **only** as needed.
- Reduce the number of pieces you use by one piece per day until you do not need to use any gum or mints

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 4 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- oral blistering occurs
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap.
DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

Lot
Exp

3 0000-0000-00 1

$5.00 Coupon Inside

NDC 0135-0467-08

gsk

Nicorette Gum

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

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 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

Gently push tab on side.

Pull up forcefully, pulling open box.

Dispense Nicorette Gum and follow dosing instructions.

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000064

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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al lake, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 4 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

Lot
Exp

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

3 0000-0000-00 1

$5.00 Coupon Inside

NDC 0135-0242-08

gsk

Nicorette Gum

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

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 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

Gently push tab on side.

Pull up forcefully, pulling open box.

Dispense Nicorette Gum and follow dosing instructions.

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000068

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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F) • protect from light and humidity

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

Drug Facts

Active ingredient (in each chewing piece) **Purpose**
Nicotine polacrilex (equal to 4 mg 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.

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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

Flip open for Directions and additional information
Retain this package for complete product information

Lot
Exp

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

The gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed card. The inner carton has a clear overwrap.
DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.

3 0000-0000-00 1

NDC 0135-0475-08

$5.00 Coupon Inside

gsk

Nicorette Gum

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

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 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. **Pull up forcefully, pulling open box.**
3. **Dispense Nicorette Gum and follow dosing instructions.**

Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

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NPA000072

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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 – 25°C (68 – 77°F) • protect from light and humidity

Inactive ingredients
acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-589-1743**

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results.
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects. ▶

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Nicorette
Cinnamon Surge Gum
100 PIECES, 4 mg EACH

Drug Facts (continued)

- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-888-569-1743

NPA000074

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 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.

100 PIECES, 4 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.

If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

Coated
FOR BOLD FLAVOR
Cinnamon Surge

100 PIECES, 4 mg EACH

Nicorette
Cinnamon Surge Gum

000000

LOT:

EXP:

Nicorette
Cinnamon Surge Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette
Fruit Chill Gum
100 PIECES, 4 mg EACH

Drug Facts (continued)

- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?
call toll-free 1-888-569-1743

NPA000076

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 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.

100 PIECES, 4 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

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

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.

If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

Coated
FOR BOLD FLAVOR
Fruit Chill
100 PIECES, 4 mg EACH

Nicorette
Fruit Chill Gum

000000

LOT:

EXP:

Nicorette
Fruit Chill Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette

White Ice Mint Gum

100 PIECES, 4 mg EACH

Drug Facts (continued)

- It is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 • 25°C (68 • 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, D&C yellow #10 Al lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-888-569-1743

NPA000082

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 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.

100 PIECES, 4 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.

If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

Coated

FOR BOLD FLAVOR

White Ice Mint

100 PIECES, 4 mg EACH

Nicorette

White Ice Mint Gum

000000

LOT:

EXP:

Nicorette

White Ice Mint Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

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Nicorette
Spearmint Burst Gum
with a hint of chamomile

100 PIECES, 4 mg EACH

Drug Facts (continued)

- It is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 • 25°C (68 • 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 AL lake, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments?

call toll-free 1-888-569-1743

NPA000080

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 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.

100 PIECES, 4 mg EACH

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

NDC 0000-0000-00

gsk

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

4 mg

Coated
FOR BOLD FLAVOR

Spearmint Burst
with a hint of chamomile

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 Gum.

100 PIECES, 4 mg EACH

Nicorette
Spearmint Burst Gum
with a hint of chamomile

000000

LOT:

EXP:

Nicorette
Spearmint Burst Gum
with a hint of chamomile

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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3 0000-0000-00 1

OPEN HERE

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day ▶

000000

Nicorette
Original Gum
110 PIECES, 4 mg EACH

Drug Facts (continued)

- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information
- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
D&C yellow #10, flavors, glycerin, gum base, sodium carbonate, sorbitol

Questions or comments?
call toll-free 1-888-569-1743

NPA000078

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 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.

110 PIECES, 4 mg EACH

To remove the gum, tear off single unit. | Peel off backing, starting at corner with loose edge. | Push gum through foil.

NDC 0000-0000-00

gsk

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

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.

If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

Original

110 PIECES, 4 mg EACH

Nicorette
Original Gum

000000

LOT:

EXP:

Nicorette
Original Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters. **Do not use if individual blisters or printed backings are broken, open, or torn.**

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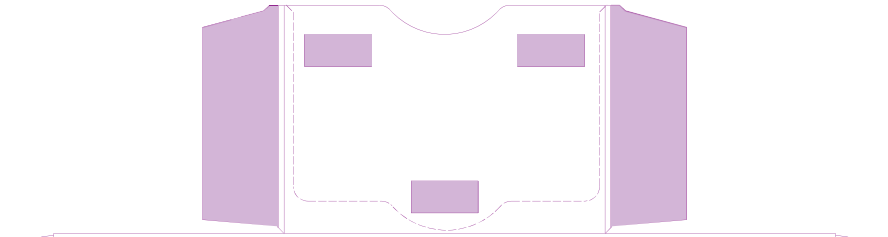
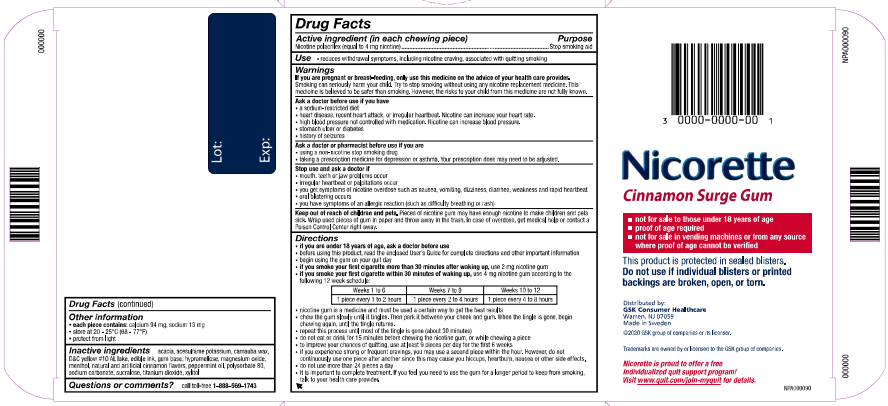
3 0000-0000-00 1





Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

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

Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- 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, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, clammy, 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
- begin using the gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

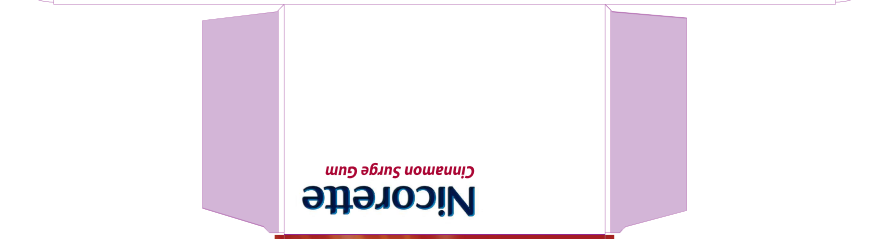
- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it begins. Then park it between your cheek and gum. When the taste is gone, begin chewing again, until the taste returns.
- repeat this process until most of the taste is gone (about 30 minutes)
- 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. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 15 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al lake, edible ink, gum base, hypromellose, magnesium oxide, menthol, natural and artificial cinnamon flavors, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743



3 0000-0000-00 1

Nicorette

Cinnamon Surge Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-engage/ for details.

NPA000000

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:
- You must be motivated to quit.
- Use enough — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum, hold at bottom edge.

Hold at bottom, remove with upright unit.

Pull gum through foil.

160 PIECES, 4 mg EACH

NDC 0000-0000-00

gsk

VALUE PACK

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

Coated FOR BOLD FLAVOR

Cinnamon Surge

4 mg

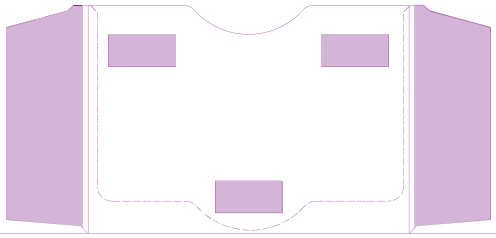
FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP

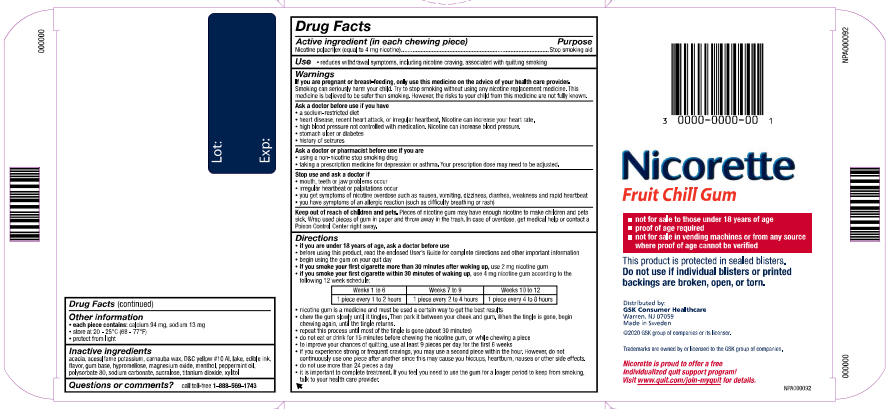
If you smoke your first cigarette within 30 minutes after waking up, use Nicorette 2 mg Gum.

160 PIECES, 4 mg EACH

Nicorette

Cinnamon Surge Gum





Lot:

Exp:

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equal to 4 mg nicotine)	Stop smoking aid

Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- history of dentures

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.

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
- begin using the gum on your quit date
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you Hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al, lake, edible ink, flavor, gum base, hydroxyellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-569-1743

NDC 0000-0000-00

Nicorette

Fruit Chill Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:
- You must be motivated to quit.
- Use enough — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum strip, pull on backing, starting at corner with single unit.

Peel off backing, starting at corner with loose edge.

Pull gum through hole.

160 PIECES, 4 mg EACH

NDC 0000-0000-00

gsk

VALUE PACK

Nicorette

nicotine polacrilex gum, 4 mg · stop smoking aid

Gum

Coated FOR BOLD FLAVOR

Fruit Chill

160 PIECES, 4 mg EACH

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP

If you smoke your first cigarette within 30 MINUTES after waking up use Nicorette 2 mg Gum.

Nicorette

Fruit Chill Gum

Reference D: 78 357

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 4 mg 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 you/ child from this medicine are not fully known.

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
- 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, 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 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
- begin using the gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acesulfame potassium, carnauba wax, D&C yellow #10 Al, lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-388-1743

Lot:

Exp:

Nicorette

White Ice Mint Gum

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program!
Visit www.quit.com/join-myquit for details.

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Reference ID: 78 357

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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 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
- begin using the gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Lot:

Exp:

Drug Facts (continued)

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, aminoalkyl methacrylate copolymer, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polyacrylate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free 1-888-388-1743

Nicorette

Spearmint Burst Gum

with a hint of chamomile

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Visit www.quit.com/join-myquit for details.

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OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be tobacco-free for 3 days before you start using your first Nicorette gum.
2. **Use Correctly** — Chew 1 piece every 1 to 2 hours for the first 6 weeks. Then chew 1 piece every 2 to 4 hours for the next 3 weeks. Finally, chew 1 piece every 4 to 8 hours for the last 3 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.

To remove the gum, twist at center with single arrow.

Rest at tapping, twisting at center with three edges.

Push gum through foil.

160 PIECES, 4 mg EACH

NIC 0000-0000-00

gsk

VALUE PACK

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

Coated FOR BOLD FLAVOR

Spearmint Burst

with a hint of chamomile

4 mg

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP

If you smoke your first cigarette WITHIN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

160 PIECES, 4 mg EACH

Nicorette

Spearmint Burst Gum

with a hint of chamomile

OPEN HERE
TO INCREASE YOUR SUCCESS IN QUITTING:
1. You must be motivated to quit.
2. Use Lozenge — Crush or break 2 pieces of Nicorette gum for dry-chewing first (as needed).
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.
5. To recover the gum, tear off single strip.
First-hand handling causing at control with loose edge.
Push gum through foil.
170 PIECES, 4 mg EACH
NDC 0000-0000-00
VALUE PACK
Nicorette
nicotine polacrilex gum, 4 mg · stop smoking aid
Gum
4 mg
FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP.
If you smoke your first cigarette WITHIN 30 MINUTES after waking up, use Nicorette 2 mg Gum.
Original
170 PIECES, 4 mg EACH
Nicorette
Original Gum
Drug Facts
Active ingredient (in each chewing piece) Purpose
Nicotine polacrilex (equals 4 mg nicotine) ... Stop smoking aid
Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking
Warnings
If you are pregnant or breastfeeding, only use this medicine on the advice of your health care provider. Smoking can eventually 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 you/child from this medicine are not fully known.
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
• 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, 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 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
• begin using the gum on your quit day
• If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg nicotine gum
• If you smoke your first cigarette within 30 minutes of waking up, use 4 mg nicotine gum according to the following 12 week schedule:

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

• nicotine gum is a medicine and must be used a certain way to get the best results
• chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
• repeat this process until most of the tingle is gone (about 30 minutes)
• do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
• to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
• if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
• do not use more than 24 pieces a day
• it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.
Drug Facts (continued)
Other information
• each piece contains: calcium 117 mg, sodium 13 mg
• store at 20 - 25°C (68 - 77°F)
• protect from light
Inactive ingredients
FD&C yellow # 10, flavors, glycerin, gum base, sodium carbonate, sorbitol
Questions or comments? call toll-free 1-888-368-1745
Lot:
Exp:
Nicorette
Original Gum
■ not for sale to those under 18 years of age
■ proof of age required
■ not for sale in vending machines or from any source where proof of age cannot be verified
This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.
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Nicorette is proud to offer a free individualized quit support program!
Visit www.quit.com/join-myquit for details.
NPN000094

Drug Facts

Active ingredient (in each chewing piece)	Purpose
Nicotine polacrilex (equals 4 mg nicotine)	Stop smoking aid

Use • reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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
- 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
- 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, 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 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
- begin using this gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Lot:

Exp:

Drug Facts (continued)

Other information
- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients
acacia, aminoethyl cellulosate, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polyacrylate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call 1-8-1-888-569-1743

Nicorette
Fruit Chill Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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Nicorette is proud to offer a free individualized quit support program! Visit www.quit.com/join-myquit for details.

NPA000084

NPA000084

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be committed to quit.
2. **Use Correctly** — Chew 10 pieces of Nicorette gum per day during first 6 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.

To remove the gum, tear off single strip.

First rid bedside stations of cigarettes and tobacco.

Push gum through foil.

180 ~~160~~ PIECES, 4 mg EACH

NDC 0000-0000-00

BONUS PACK
20 EXTRA PIECES

gsk

Nicorette
nicotine polacrilex gum, 4 mg · stop smoking aid
GUM

Coated FOR BOLD FLAVOR

Fruit Chill

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 Gum.

180 ~~160~~ PIECES, 4 mg EACH

Nicorette
Fruit Chill Gum

Reference ID: 78 357

Reference ID: 78 357

Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

Nicotine polacrilex (equals 4 mg nicotine) ..... Stop smoking aid

Use

- reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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

- 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
- 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, 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 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
- begin using this gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up**, use 2 mg nicotine gum
- **If you smoke your first cigarette within 30 minutes of waking up**, use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Drug Facts (continued)

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, aminoethyl cellulose, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polycarbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call 1-8-Free 1-888-569-1743

Lot:

Exp:

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

1. You must be motivated to quit.
2. **Use Correctly** — Chew 4 gum pieces of Nicorette gum per day during 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.

To remove the gum, twist at center with single arrow.

Peel off backing, starting at corner with three edges.

Push gum through foil.

180 PIECES, 4 mg EACH

NDC 0000-0000-00

BONUS PACK 20 EXTRA PIECES

gsk

Nicorette

nicotine polacrilex gum, 4 mg · stop smoking aid

Gum

Coated FOR BOLD FLAVOR

Spearmint Burst with a hint of chamomile

FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE WITHIN 30 MINUTES OF WAKING UP

4 mg

If you smoke your first cigarette MORE THAN 30 MINUTES after waking up, use Nicorette 2 mg Gum.

180 PIECES, 4 mg EACH

Nicorette

Spearmint Burst Gum

with a hint of chamomile

3 0000-0000-00 1

Nicorette

Spearmint Burst Gum

with a hint of chamomile

- not for sale to those under 18 years of age
- proof of age required
- not for sale in vending machines or from any source where proof of age cannot be verified

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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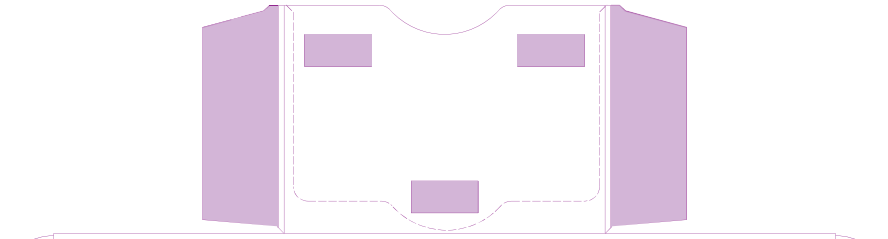
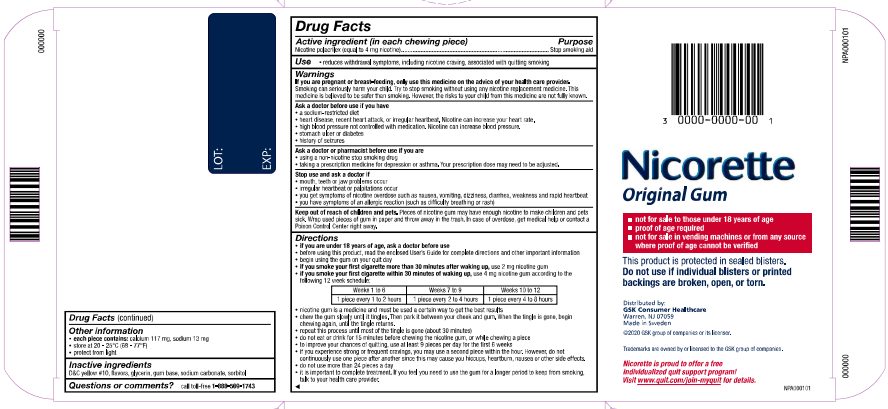
NPN000006

Lot:

Exp:

Reference ID: 78 357





Drug Facts

Active ingredient (in each chewing piece) — **Purpose**

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

Use

- reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

If you are pregnant or breastfeeding, 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

- 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
- history of ulcerates

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.

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
- begin using the gum on your quit day
- **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

◄

Drug Facts (continued)

Other information

- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

D&C yellow #10, flavors, glycerin, gum base, sodium carbonate, sorbitol

Questions or comments? call toll-free 1-888-699-1743

LOT:

EXP:

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NPA0001001

Nicorette

Original Gum

- **not for sale to those under 18 years of age**
- **proof of age required**
- **not for sale in vending machines or from any source where proof of age cannot be verified**

This product is protected in sealed blisters.
Do not use if individual blisters or printed backings are broken, open, or torn.

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NPA0001/1

Nicorette
Original Gum
200 PIECES, 4 mg EACH

OPEN HERE

TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use enough — Chew at least 9 pieces of Nicorette gum per day during the first six weeks.
- Use long enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed User's Guide.

To remove the gum, tear off single unit.

Peel off backing, unfold or crease with loose edge.

Place gum beneath lip.

200 PIECES, 4 mg EACH

NDC 0000-0000-00
gsk
Nicorette
nicotine polacrilex gum, 4 mg • stop smoking aid
Gum
200 PIECES
4 mg EACH
N4
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 Gum.
Coated
FOR BOLD FLAVOR
Fruit Chill
NPA000107
200 PIECES, 4 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

Visit **www.quit.com/join-myquit** to enroll in a free, personalized quit plan. **MyQuit** is a personalized stop smoking program that will help you understand your smoking habits and determine how to best overcome your cravings. Track, target, and tame your temptations with **MyQuit**.

- **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**

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 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.

Drug Facts

Active ingredient (in each chewing piece) — ***Purpose***

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

NPA00114

Lot:

Exp:

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NDC 0000-0000-00
0 00000 00000 0
gsk
Nicorette
nicotine polacrilex gum, 4 mg • stop smoking aid
Gum
200 PIECES
4 mg EACH
N4
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 Gum.
Coated
FOR BOLD FLAVOR
White Ice Mint
NPA000115
200 PIECES, 4 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

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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** 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.

Drug Facts

Active ingredient (in each chewing piece) — ***Purpose***

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

NPA00106

Lot:

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NDC 0000-0000-00
gsk
Nicorette
nicotine polacrilex gum, 4 mg • stop smoking aid
Gum
200 PIECES
4 mg EACH
N4
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 Gum.
Coated
FOR BOLD FLAVOR
Spearmint Burst
with a hint of chamomile
NPA000110
200 PIECES, 4 mg EACH
(2-100 piece cartons)

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

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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** 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.

Drug Facts

Active ingredient (in each chewing piece) — ***Purpose***

Nicotine polacrilex (equal to 4 mg 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.

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
- 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, 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 ▶

Drug Facts (continued)

- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 94 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

acacia, acesulfame potassium, carnauba wax, D&C yellow #10 Al. lake, edible ink, flavors, gum base, hypromellose, magnesium oxide, menthol, peppermint oil, polysorbate 80, sodium carbonate, sucralose, titanium dioxide, xylitol

Questions or comments? call toll-free **1-888-569-1743**

NPA000111

Lot:

Exp:

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Nicorette
Gum
4 mg
NDC 0000-0000-00
gsk
Original
200 PIECES
NPA000103

Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

Gum

How To Open the Nicorette Gum Blister Pack

To remove the gum, tear off single unit.

Peel off backing, starting at corner with loose edge.

Push gum through foil.

Personalized Quit Plan

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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** 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.

Drug Facts

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

Nicotine polacrilex (equal to 4 mg 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.

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- 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
- 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, 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** ▶

Drug Facts (continued)

- before using this product, read the enclosed User's Guide for complete directions and other important information
- begin using the gum on your quit day
- **if you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum
- **if you smoke your first cigarette within 30 minutes of waking up,** use 4 mg nicotine gum according to the following 12 week schedule:

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

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. If you feel you need to use the gum for a longer period to keep from smoking, talk to your health care provider.

Other information

- **each piece contains:** calcium 117 mg, sodium 13 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light

Inactive ingredients

D&C yellow #10, flavors, glycerin, gum base, sodium carbonate, sorbitol

Questions or comments? call toll-free **1-888-569-1743**

NPA000102

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951149
NICORETTE® 4 mg
nicotine polacrilex
Cinnamon Surge™
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000 00/0000
NICORETTE® 4 mg Cinnamon Surge™ 10 pieces
Chew Activated Release Keep out of reach of children
58200XC

951151
NICORETTE® 4 mg Fruit Chill® 10 pieces
Chew Activated Release Keep out of reach of children
NICORETTE® 4 mg
nicotine polacrilex
Fruit Chill®
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000 00/0000
58135XC

951153
NICORETTE® 4 mg White Ice Mint® 10 pieces
Chew Activated Release Keep out of reach of children
NICORETTE® 4 mg
nicotine polacrilex
White Ice Mint®
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000 00/0000
58239XD

951153
NICORETTE® 4 mg White Ice Mint® 10 pieces
Chew Activated Release Keep out of reach of children
NICORETTE® 4 mg
nicotine polacrilex
White Ice Mint®
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000 00/0000
58239XD

951147
NICORETTE® 4 mg
nicotine polacrilex
Original
Distributed by:
GSK CH
Warren, NJ 07059
1 piece
00000.00/0000
NICORETTE® 4 mg Original 10 pieces
Chew Activated Release Keep out of reach of children
80091XD

Nicorette®
TO OPEN gently push tab on side and pull up forcefully, pulling open box
slide up
push
4 mg
gsk
Nicorette®
nicotine polacrilex gum, 4 mg
stop smoking aid
Gum
POCKET PACK
Coated
FOR BOLD FLAVOR
Cinnamon Surge™
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 Gum
20 PIECES, 4 mg EACH
Lot:
Exp:
PUSH GENTLY
Directions
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
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. Do not use more than 24 pieces a day.
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.
Store at 20 - 25°C (68 - 77°F). Protect from light and humidity.
Retain outer carton for full product uses, directions and warnings. Discard Pocket Pack after use.
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.
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104470X3
8239620

Nicorette®
TO OPEN gently push tab on side and pull up forcefully, pulling open box
slide up
push
4 mg
gsk
Nicorette®
nicotine polacrilex gum, 4 mg
stop smoking aid
Gum
POCKET PACK
Coated
FOR BOLD FLAVOR
Fruit Chill®
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 Gum
20 PIECES, 4 mg EACH
Lot:
Exp:
PUSH GENTLY
Directions
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
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. Do not use more than 24 pieces a day.
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.
Store at 20 - 25°C (68 - 77°F). Protect from light and humidity.
Retain outer carton for full product uses, directions and warnings. Discard Pocket Pack after use.
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.
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Reference ID: 4784357

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette

nicotine polacrilex gum

2 mg and 4 mg User's Guide

Gum

GSK

PLACE THESE REMINDERS ON YOUR CALENDAR:

- **STEP 1** (1 piece every 1 to 2 hours) — AT THE BEGINNING OF WEEK #1
- **STEP 2** (1 piece every 2 to 4 hours) — AT THE BEGINNING OF WEEK #3
- **STEP 3** (1 piece every 4 to 8 hours) — AT THE BEGINNING OF WEEK #10
- **EX-SMOKER** — 12 WEEKS AFTER QUIT DATE

KEYS TO SUCCESS.

Keys to success for those who quit smoking for **Nicorette** Gum can be **do**wn on the reverse left side of this User's Guide:

STEP 1 (Weeks 1–6).
You 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 stop smoking and start using **Nicorette** Gum to help you quit. For the first six weeks, you'll use a piece of **Nicorette** Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the "STEP 1" reminder on this date.

STEP 2 (Weeks 4–9).
The day you'll switch to a smaller version of Nicorette Gum. After six weeks, you'll begin gradually reducing your **Nicorette** Gum usage to one piece every two to four hours. Place the "STEP 2" reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).
The day you'll further reduce your use of Nicorette Gum. By week 10, you'll be ready to further reduce your **Nicorette** Gum usage. Cut back to one piece every four to eight hours.

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. Clinical research shows that when combining cessation counseling with **Nicorette** Gum, people are more likely to stop smoking than those who try to quit on their own. Quitting smoking is difficult. But you don't have to go it alone. There are many people who can help you. Here's how:

1) Talk to your family and friends and ask them for their support and encouragement.
2) Talk to your doctor or other healthcare provider about your plan to quit smoking.
3) If you need more support, call the National Cancer Institute at 1-800-4-CANCER (1-800-422-6237).
4) **Become an ex-smoker!** Reward yourself for your success!
5) If you need more support, call the American Lung Association at 1-800-586-4872.

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 succeed. Quitting is a process. Learn from your past attempts and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.

You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. There may be a smoking cessation program in your community. Check your local chapter of the American Lung Association, American Cancer Society or American Heart Association. Or call information. Look for phone numbers in your local phone book. Or call the National Cancer Institute, Clean Air Project at 1-800-4-CANCER (1-800-422-6237). Also, see the back of this User's Guide.

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 succeed. Quitting is a process. Learn from your past attempts and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.

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MyQuit

Program brought to you by **Nicorette** nicotine polacrilex gum Gum 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 with the mobile phone with the MyQuit App.

To learn more visit www.quit.com/join-myquit

Trademarks are owned by or licensed to the GSK group of companies.

WALLET CARD

My most important reasons to quit smoking are:

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NPA000195

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

1.875 wide

8.25

1.25

1.4375

1.4375

2.875

4.125

DataMatrix 00000000 5mm

14.75

FRONT

14.75

BACK

1.875 wide

8.25

1.25

1.4375

1.4375

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

American Heart Association
1-800-242-8721

(02/02/2) USE IN BYWEEK

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.

TIPS

- **Make sure you tell friends and family members that you quit.**
- **Use enough Nicorette Gum — at least 9 to 12 pieces per day.**
- **When an urge to smoke strikes, take a few deep breaths and remind yourself how important quitting is to you.**

WEEK ONE

Day	Pieces Chewed	Planning: Plan ahead. Note events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use **Nicorette** Gum properly. Follow the directions on your **Nicorette** Gum package.

Use this sample of the Stop Smoking Plan to get you through the first week.

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.
- Chew two tablets well (something like a pencil or a paper clip).
- Find other activities which help you talk without cigarettes.
- Sweet, juicy tastes work, like candy, or fruit juices.
- Keep busy: Walk, ride a bicycle, play basketball, do anything you can do to take your mind off cigarettes.
- Change your routine: Take different routes to work, sit in different places at the dinner table, brush your teeth with your non-dominant hand, use a different toilet, etc.
- Avoid your favorite places where you used to smoke.
- Stay away from people who smoke.
- Keep your hands and mouth busy with things such as a toothpick, pencil, paper clip, or other small objects.
- Exercise — Walk or run if something forms.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

Nicotine is the drug in tobacco that causes the strong dependence on tobacco. The other **is** for using **Nicorette** Gum **to** help you reduce your nicotine craving gradually. **a** Gum will **to** help you reduce your nicotine craving gradually. **a** Gum will **to** help you reduce your nicotine craving gradually. **a** Gum will

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK 1 — STEP 1 (1 piece every 1 to 2 hours)

AT THE BEGINNING OF WEEK 6 — STEP 2 (1 piece every 2 to 4 hours)

AT THE BEGINNING OF WEEK 9 — STEP 3 (1 piece every 4 to 8 hours)

AT THE BEGINNING OF WEEK 9 TO — EX-SMOKER

12 WEEKS AFTER QUIT DATE — EX-SMOKER

Nicorette

nicotine polacrilex gum

2 mg and 4 mg User's Guide

Gum

KEYS TO SUCCESS. Nicorette is for people who want to stop smoking. Nicorette Gum can help you use 2 mg nicotine gum. Next, read through the entire User's Guide and the Stop Smoking Program. Take out a calendar that you can use to track your progress, identify four dates, using the reminders on the upper left side of this page.

SO YOU DECIDED TO QUIT.

1. Control your physical cravings for nicotine. Use enough Nicorette Gum — at least 9 to 12 pieces every day when you start using Nicorette Gum.

2. Get rid of all signs that you ever smoked — ashtrays, matches and, of course, cigarettes.

3. Stay active. Keep busy to take your mind off smoking.

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TIPS

- **Make sure you tell friends and family members that you quit.**
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- **Drink water. Keep busy to take your mind off smoking.**
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Nicorette nicotine polacrilex gum 2 mg and 4 mg User's Guide Gum

NPA000196

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SO YOU'RE UP AGAINST. Nicorette Gum provides the nicotine you need for nicotine to become both physical and mental. You must overcome both addictions to help stop smoking. So while Nicorette Gum will lessen your body's physical craving for nicotine, it can't do anything about the mental dependence on cigarettes. Once you've decided that you're ready to quit, you can use Nicorette Gum when and wherever you're craving a cigarette. Nicorette Gum will lessen your body's craving for nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

SOME IMPORTANT WARNINGS. This product is only for those who want to stop smoking.

If you are pregnant or breast-feeding, only use this medicine on the advice of your doctor. Smoking is harmful to you and your baby. Stopping smoking is the most important thing you can do for your health and that of your baby. However, this product is only for those who want to stop smoking.

Ask a doctor before use if you have
- heart disease
- recent stomach or intestinal problems
- diabetes
- hyperthyroidism
- hypertension
- peptic ulcer
- allergies
- a history of heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- a history of stroke
- a history of liver or kidney problems with medication. Nicotine can increase your blood pressure.
- a history of cancer
- a history of allergic reaction such as rash or difficulty breathing
- a history of Raynaud's disease (cold fingers and toes)
- a history of gastrointestinal problems such as nausea, vomiting, or diarrhea
- a history of oral problems such as gum disease, gum irritation, or sores
- 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 in a tissue and place in a trash can. If you think a child or pet has swallowed gum, get medical help or contact a Poison Control Center right away.

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The day you'll start reducing your use of Nicorette Gum. Nicorette Gum should be your only source of nicotine. Place the Step 2 reminder on this date (the first day of week 6).

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The day you'll further reduce your use of Nicorette Gum. Your goal is to be free of Nicorette Gum by the end of week 12. Place the Step 3 reminder on this date (the first day of week 9).

End of treatment.
The day you'll complete Nicorette Gum therapy. Identify and place the date you will be free of Nicorette Gum. Place the End of treatment reminder on this date on your calendar.

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Keep out of reach of children and pets. Pieces of nicotine gum may have enough nicotine to make children and pets sick. Wrap used pieces in a tissue and place in a trash can. If you think a child or pet has swallowed gum, get medical help or contact a Poison Control Center right away.

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- you have symptoms of an allerg

FRONT VIEW

45mm

180mm

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

Nicorette

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nicotine polacrilex gum
2 mg and 4 mg User's Guide

Gum

KEYS TO SUCCESS.

1) You must really want to quit smoking for **Nicorette** Gum to help you.
2) You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum. See chart on back side of User's Guide.
3) You should continue to use **Nicorette** Gum as explained in this User's Guide for 12 full weeks. If you feel you need to use **Nicorette** Gum for a longer period to keep from smoking, talk to your health care provider.
4) **Nicorette** Gum works best when used together with a support program — See information below for instructions on enrollment in the MyQuit Individualized Stop Smoking Program.
5) If you have trouble using **Nicorette** Gum, ask your doctor or pharmacist or call GlaxoSmithKline at 1-888-569-1743.

SO YOU DECIDED TO QUIT.

Congratulations. Your decision to stop smoking is an important one. That's why you've made the right choice in choosing **Nicorette** Gum.

Your own chances of quitting smoking depend on how much you want to quit, how strongly you are addicted to tobacco, and how closely you follow a quitting program like the one that comes with **Nicorette** Gum.

QUITTING SMOKING IS HARD!

If you've tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and most people try a few times before they are successful. The important thing is to try again until you succeed. This User's Guide will give you support as you become a non-smoker. It will answer common questions about **Nicorette** Gum and give tips to help you stop smoking, and should be referred to often.

WHERE TO GET HELP.

You are more likely to stop smoking by using **Nicorette** Gum with a support program that helps you break your smoking habit. There may be support groups in your area for people trying to quit. Call your local chapter of the American Lung Association, American Cancer Society or American Heart Association for further information. Toll-free phone numbers are printed on the Wallet Card on the back of this User's Guide.

If you find you cannot stop smoking or if you start smoking again after using **Nicorette** Gum, remember breaking this addiction doesn't happen overnight. You may want to talk to a health care professional who can help you improve your chances of quitting the next time you try **Nicorette** Gum or another method.

LET'S GET ORGANIZED.

Your reason for quitting may be a combination of concerns about health, the effect of smoking on your appearance, and pressure from your family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of second-hand smoke on the people you care about. All of these are good reasons. You probably have others. Decide your most important reasons, and write them down on the Wallet Card on the bottom left of this User's Guide. Carry this card with you. In difficult moments, when you want to smoke, the card will remind you why you are quitting.

WHAT YOU'RE UP AGAINST.

Smoking is addictive in two ways. Your need for nicotine has become both physical and mental. You must overcome both addictions to stop smoking. So while **Nicorette** Gum will lessen your body's physical addiction to nicotine, you've got to want to quit smoking to overcome the mental dependence on cigarettes. Once you've decided that you're going to quit, it's time to get started. But first, there are some important warnings you should consider.

SOME IMPORTANT WARNINGS.

This product is only for those who want to stop smoking.

If you are pregnant or breast-feeding, only use this medicine on the advice of your health care provider. Smoking can seriously harm your child. Try to stop smoking without using any nicotine replacement medicine. This medicine is believed to be safer than smoking. However, the risks to your child from this medicine are not fully known.

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
- 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, 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 4 mg nicotine gum. **If you smoke your first cigarette more than 30 minutes after waking up,** use 2 mg nicotine gum. Next, read through the entire User's Guide carefully. Then, set your personalized quitting schedule. Take out a calendar that you can use to track your progress, and identify four dates, using the reminders on the bottom left 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 begin using **Nicorette** Gum to satisfy your cravings for nicotine. For the first six weeks, you'll use a piece of **Nicorette** Gum every hour or two. Be sure to read the HOW TO USE NICORETTE GUM section. Place the Step 1 reminder on this date.

STEP 2 (Weeks 7-9).
The day you'll start reducing your use of Nicorette Gum.
After six weeks, you'll begin gradually reducing your **Nicorette** Gum usage to one piece every two to four hours. Place the Step 2 reminder on this date (the first day of week seven).

STEP 3 (Weeks 10-12).
The day you'll further reduce your use of Nicorette Gum.
Nine weeks after you begin using **Nicorette** Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Place the Step 3 reminder on this date (the first day of week ten). For the next three weeks, you'll use a piece of **Nicorette** Gum every four to eight hours.

End of treatment
The day you'll complete Nicorette Gum therapy.
Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" reminder on your calendar.

PLAN AHEAD.

Because smoking is an addiction, it is not easy to stop. After you've given up cigarettes, you will still have a strong urge to smoke. Plan ahead NOW for these times, so you're not defeated in a moment of weakness. The following tips may help:
- Keep the phone numbers of supportive friends and family members handy.
- Keep a record of your quitting process. Track the number of **Nicorette** Gum pieces you use each day, and whether you feel a craving for cigarettes. In the event that you slip, immediately stop smoking and resume your quit attempt with the **Nicorette** Gum program.
- Put together an Emergency Kit that includes items that will help take your mind off occasional urges to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with, like a smooth rock, rubber band, or small metal balls.
- Set aside some small rewards, like a new magazine or a gift certificate from your favorite store, which you'll "give" yourself after passing difficult hurdles.
- Think now about the times when you most often want a cigarette, and then plan what else you might do instead of smoking. For instance, you might plan to take your coffee break in a new location, or take a walk right after dinner, so you won't be tempted to smoke.

HOW NICORETTE GUM WORKS.

Nicorette Gum's sugar-free chewing pieces provide nicotine to your system — they work as a temporary aid to help you quit smoking by reducing nicotine withdrawal symptoms. **Nicorette** Gum provides a lower level of nicotine to your blood than cigarettes, and allows you to gradually do away with your body's need for nicotine. Because **Nicorette** Gum does not contain the tar or carbon monoxide of cigarette smoke, it does not have the same health dangers as tobacco. However, it still delivers nicotine, the addictive part of cigarette smoke. Nicotine can cause side effects such as headache, nausea, upset stomach, and dizziness.

HOW TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use. Before you can use **Nicorette** Gum correctly, you have to practice! That sounds silly, but it isn't. **Nicorette Gum isn't like ordinary chewing gum.** It's a medicine, and must be chewed a certain way to work right. Chewed like

PLACE THESE REMINDERS ON YOUR CALENDAR:

AT THE BEGINNING OF WEEK #1 (QUIT DATE) — STEP 1: 1 piece every 1 to 2 hours

AT THE BEGINNING OF WEEK #7 — STEP 2: 1 piece every 2 to 4 hours

AT THE BEGINNING OF WEEK #10 — STEP 3: 1 piece every 4 to 8 hours

12 WEEKS AFTER QUIT DATE — EX-SMOKER

MyQuit

Program brought to you by

Nicorette
nicotine polacrilex gum
Gum
and GSK

To learn more visit
www.quit.com/join-myquit

Trademarks are owned by or licensed to the GSK group of companies.

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.

WALLET CARD

My most important reasons to quit smoking are:

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

112mm

560mm

BACK VIEW

ordinary gum. **Nicorette** Gum work 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 not chew correctly, you may get hiccups, heartburn, or other stomach problems. Don't eat or drink for 15 minutes before using Gum may be reduced by some foods and drinks, such as coffee, juices, wine or soft drinks.

1) Begin using **Nicorette** Gum on your quit day.
2) To reduce craving and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule below.
3) Chew each **Nicorette** Gum piece very slowly at first.
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, park) until most of the nicotine is gone from the **Nicorette** Gum piece (usually happens in about half an hour. Then the pepper taste or tingle will not 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 think you need more than 24 pieces of **Nicorette** Gum, talk to your health care provider. Never exceed the number of pieces of **Nicorette** Gum. Never swallow gum. Never put the second piece within the hour. However, do not continuously use one piece after another within the hour. Doing this may cause a rapid rise in nicotine in your blood, which may lead to nausea, heartburn, 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 on page 3 shows how **Nicorette** Gum will help you reduce your nicotine cravings gradually as you reduce and then stop your use of **Nicorette** Gum. Never exceed the number of pieces listed in your quit schedule. Never use more than one piece of **Nicorette** Gum at a time. However, do not continuously use one second piece within the hour. Doing this may cause a rapid rise in nicotine in your blood, which may lead to nausea, heartburn, or other side effects.

- 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.
- Cut back on the number of pieces you use each day.
- 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 have to chew about 3 to 5 pieces a day. Get ready to stop.

The following tips may help you to stop using **Nicorette** Gum when you have completed treatment.

- 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 it in any gum or mints.

Talk to your doctor or health care provider if your:
- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking
- start using **Nicorette** Gum again after stopping
- start smoking again

TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party. Here are some tips to help you through the important first stages of becoming a non-smoker:

On Your Quit Date:
- Ask your family, friends and co-workers for support.
- Throw away all your cigarettes, 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.
- White down what you will do with the money you save.
- Know your high risk situations and plan ahead on 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.
- Don't worry too much about gaining weight. Watch what you eat, take time for daily exercise, and develop healthy eating habits.
- Learn the Facts. 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. Sleeping at first. These are typical withdrawal symptoms that will go away with time. Your smokers' cough will get worse before it gets better. But don't worry, that's a good sign. Coughing helps clear the tar deposits out of your lungs.

After A Week Or Two.
By now you should be feeling more confident that you can handle those smoking urges. Many of your withdrawal symptoms have left by now, and you should be noticing some positive signs: less coughing, better breathing and an improved sense of taste and smell. Be patient. These difficult times.

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 enough to make you want to smoke. Don't let them catch you off guard. Plan ahead for times when you're most likely to want to smoke.

Concentrate on the ways non-smokers are more attractive than smokers. Their skin is healthier. 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. Children and others around them are healthier, too.

What To Do About Relapse.

While it's best to do it on your own at first, if you start smoking again, keep your box of **Nicorette** Gum handy. Don't let a lapse or one or two or even a few cigarettes be your excuse for your efforts. Discard your cigarettes, forgive yourself and try again. 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, don't beat yourself as a failure. Plan on doing what this problem next time.
- Take positivity 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 cravings and 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. How do it again, You deserve it. Remember now why you decided to stop smoking in the first place. Look at yourself for some incentive and reward again. And smile. When think about all the money you are saving and what you'll do with it. All the cigarettes you have not smoked. Keep your added of you for 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 new life as non-smoker.

QUESTIONS & ANSWERS.

1. How will I feel when I stop smoking and start using Nicorette Gum?
These begin almost immediately after you stop smoking, and are usually at their worst during the first three to four days. Understand that any of the following is possible:
- craving for cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- drowsiness
- headaches, muscular pain, constipation, fatigue
- increased appetite and weight gain

2. Is Nicorette Gum just substituting one for another?
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.

Nicorette Gum does contain nicotine. The purpose of **Nicorette** Gum is to provide you with enough nicotine to help control the physical withdrawal symptoms or 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.

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 the this product without advice from their doctor. Check the SOME IMPORTANT WARNINGS section on the front of this User's Guide.

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 lockjaw, 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 during 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 spends on cigarettes for the same period of time. Also, the cost 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 your cigarette a failure to quit yourself. But, don't pretend that you have already quit to be successful the next time.

GOOD LUCK!

Quitting Tips

How To Survive the First Week:

1. **Control your physical cravings for nicotine.** Use enough — You can greatly increase your chances for success by using at least 9 to 12 pieces every day when you start using **Nicorette** Gum.
2. **Get rid of all signs that you ever smoked —** ashtrays, matches and, of course, cigarettes.
3. **Stay active.** Keep busy to take your mind of smoking.
4. **Think positive!** The first week is the toughest. Remind yourself that it will get easier.

The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during this first week. To deal with physical withdrawal, use **Nicorette** Gum properly. Follow the directions on your **Nicorette** Gum package.

Use this sample of the Stop Smoking Plan to get you through the first week.

WEEK ONE

Day	Pieces Chewed	Feelings, Plan Ahead, Note events here that will tempt you to smoke, and how you will deal with them.
1.		
2.		
3.		
4.		
5.		
6.		
7.		

*Carry this calendar with you.

WALLET CARD

WHERE TO CALL FOR HELP:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

American Heart Association
1-800-242-8721

Quitting Tips

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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.**
- **Reward yourself for every milestone. Take a few deep breaths to remind yourself how important quitting is to you.**

BACK VIEW

An overdose can occur if you drink 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 later if you have more questions.

Nicorette Gum is not a food. Do not eat or drink for 15 minutes before using **Nicorette** Gum. Food and drinks, such as coffee, juices, wine or soft drinks, may reduce the effectiveness of **Nicorette** Gum.

1) Begin using **Nicorette** Gum on your quit day.
2) To reduce cravings and other withdrawal symptoms, use **Nicorette** Gum according to the dosage schedule below.
3) Chew each **Nicorette** Gum piece **only** a few times.
4) Stop chewing when you notice a peppery taste, or a slight tingling in your mouth. This usually happens after about 15 chews. Turn away from people to avoid breathing on them.
5) Park the **Nicorette** Gum 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 in a different place in your mouth.
8) Repeat steps 3 to 7 (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 ring 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 scheduled for Nicorette Gum:

Weeks 1 to 6	Weeks 7 to 12
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours
1 piece every 2 to 4 hours	1 piece every 4 to 8 hours

DO NOT USE MORE THAN 24 PIECES PER DAY.

Does you've stopped smoking, take a second and pat yourself on your back. How do it again, but deserve it. Remember now why you decided to stop smoking in the first place. Look in your list of reasons. Read them aloud. Make smile. How think about how you are saving and what you'll do with it. All the non-smoking places you can go, and what you might do there. Remember the 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.

HOW TO REDUCE YOUR NICORETTE GUM USAGE.

The goal of using **Nicorette** Gum is to slowly reduce your dependence on nicotine. Schedule for using **Nicorette** Gum will help you reduce your **Nicorette** Gum. Here are some tips to help you cut back during each step:

- After a while, start chewing each **Nicorette** Gum piece for only 10 to 15 minutes, instead of half an hour. Chew gradually to reduce the number of pieces used.
- Chew **Nicorette** Gum pieces **only** for short periods of time.
- Substitute ordinary chewing gum for some of the **Nicorette** Gum pieces you would normally have. Increase the number of pieces of ordinary gum as you cut back on the **Nicorette** Gum pieces.
- Chew **Nicorette** Gum pieces **only** to stop cravings. Do not continuously use one **Nicorette** Gum piece for more than 30 minutes.

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 to cigarettes
- anxiety, irritability, restlessness, mood changes, nervousness
- drowsiness
- trouble concentrating
- headaches, muscular pain, constipation, fatigue
- increased appetite and weight gain

Nicorette Gum can help provide relief from withdrawal symptoms such as irritability and nervousness, as well as 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 lower pieces each day.

3. Can I be hurt by using Nicorette Gum?
For most adults, the amount of nicotine in the gum is less than twice the amount of nicotine you would get from smoking. Some people will be sensitive to even this amount of nicotine. See the SOME IMPORTANT WARNINGS section on the front of this User's Guide.

Talk to your doctor or health care provider if you:

- still feel the need to use **Nicorette** Gum at the end of week 12 to keep from smoking.
- start using **Nicorette** Gum again after stopping.
- start smoking again.

TIPS TO MAKE QUITTING EASIER.

Within the first few weeks of giving up smoking, you may be tempted to smoke for pleasure, particularly after completing a difficult task, or at a party or bar. Here are some tips to help you get 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 attempt to stop smoking cigarettes, matches, lighters, ashtrays, etc.
- Throw away your cigarettes and matches.
- Keep your hands busy with something like a pencil or paper clip.
- Keep your mouth busy. Eat a snack, chew gum, or drink water.
- Try to avoid situations which may lead you to want to smoke.
- Stay active. Keep busy to take your mind off smoking.
- Think positive! The first week is the toughest. Remind yourself that it will get easier.
- Think of the benefits to your health, your family and your finances.
- Reward yourself with the money you save.
- 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 never far away, at the times when you have an urge to use **Nicorette** Gum, use a strong flavored gum or mint such as cinnamon or peppermint.
- Use the same number of pieces or 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 pieces **only** as needed.
- Reduce the number of pieces you use by one piece per day until you do not need to use any gum or mints

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/s/

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