

**Drug Facts**  
**Active ingredient (in each chewing piece)** Purpose  
Nicotine salt for (oral) 2 mg nicotine — Stop smoking and  
associated with quitting smoking.

**Use** — reduce 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 cardiovascular 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  
• you get symptoms of nicotine overdose such as nausea, vomiting,  
diarrhea, dizziness, weakness and rapid heartbeat  
• swelling 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**  
This gum is contained in 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 0135-0460-08

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

**gsk**

**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.

**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](http://www.quit.com/join-myquit) for details.*

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Warren, NJ 07059  
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**Drug Facts (continued)**

**Keep out of reach of children and pets.** Pieces of nicotine gum may have enough nicotine to make children and pets sick. When 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 to melt, then park it between your cheek and gum. When the sugar is gone, begin chewing again, and the sugar returns.
- Repeat this process until most of the sugar 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) — protected from light and humidity

**Inactive ingredients**  
acacia, calcium phosphate, carboxylated polyethylene glycol, gum base, hypromellose, magnesium stearate, menthyl natural and artificial flavors, peppermint oil, polyethylene glycol, sodium bicarbonate, sodium carbonate, sucralose, xanthan gum, and/or

**Questions or comments?** call toll-free 1-888-688-1743

**Drug Facts**

**Active ingredient (in each chewing piece)** Purpose  
Nicotine polyanion (equal to 2 mg nicotine) Stop craving, withdrawal symptoms

**Use** • relieves 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. 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 ulcers or diabetes
- history of seizures

**Ask a doctor or pharmacist before use if you are**

- using a nicotine transdermal patch, or other nicotine replacement medicine. Your prescription dose may need to be adjusted.

**Stop use and ask a doctor if**

- mouth, teeth or jaw problems occur
- trouble breathing or palpitations occur
- you get symptoms of nicotine overdose such as nausea, vomiting, diarrhea, dizziness, 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 cart. 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 0135-0241-08

**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](http://www.quit.com/join-myquit) for details.*

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HPA000086

**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 4 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: nicotine 94 mg, sodium 11 mg, sucrose 260 mg, polyvinylpyrrolidone 17.5 mg • protect from light and humidity

**Inactive Ingredients**  
sucrose, croscarmellose sodium, camphor, xanthan gum, flavor, gum base, polyvinylpyrrolidone, magnesium stearate, methylcellulose, polyethylene glycol, polybutadiene, sodium lauryl sulfate, sodium carbonate, succinylsulfonamide sodium, xylitol

**Questions or comments?** call toll-free 1-888-688-1743

**Drug Facts**

**Active ingredient (in each chewing piece)** Purpose  
Nicotine polacrifone (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 (past or present) heart condition  
• heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.  
• high blood pressure not controlled with medication. Nicotine can increase blood pressure.  
• 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  
• you get frequent or persistent cough  
• 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 to 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  
Suggested Retail Price

NDC 0135-0474-08

gsk

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

**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.

**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](http://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 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 melts. 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 84 mg, sodium 11 mg
- store at 20°–25°C (68°–77°F) • protect from light and humidity

**Inactive ingredients**  
nicotinic acid, potassium, ceresin wax, edible ink, flavor, gum base, hypromellose, magnesium oxide, menthol, pepper mint oil, polyethylene glycol, sodium benzoate, sodium carbonate, starch, sucralose, titanium dioxide, xylitol

**Questions or comments?** call toll-free 1-888-688-1743













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Purpose  
This labeling is for

**Drug Facts**

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

**Warnings**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Nicorette**  
Fruit Chill Gum

**Not for sale to those under 18 years of age**  
**not for sale in vending machines or from any source**  
**unless 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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 ©2023 CSK group of companies or its licensee.  
 Nicorette is a registered trademark of the CSK group of companies.  
 Nicorette is proud to offer a free  
**Individualized quit support program!**  
 Visit [www.quit.com/join-quit](http://www.quit.com/join-quit) for details.

**mg 2**

**160 PIECES, 2 mg EACH**

**160 PIECES, 2 mg EACH**

**160 PIECES, 2 mg EACH**

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

**Gum**

**Coated**  
FOR BOLD FLAVOR

**Fruit Chill**

**VALUE PACK**

**160 PIECES, 2 mg EACH**

**160 PIECES, 2 mg EACH**

**160 PIECES, 2 mg EACH**

**OPEN HERE**

**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. The Nicorette Gum is designed to be used in the following ways:
2. The Nicorette Gum is designed to be used in the following ways:
3. The Nicorette Gum is designed to be used in the following ways:
4. The Nicorette Gum is designed to be used in the following ways:





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**Drug Facts**

**Active ingredients (for each chewing piece)**

**Warnings**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Nicorette**  
**Original Gum**

■ not for sale to those under 18 years of age  
■ not for sale in vending machines or from any source unless 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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 Nicotine is a potent drug with addictive potential. Use only as directed.  
 Nicotine is a potent drug with addictive potential. Use only as directed.  
 Visit [www.quit.com/join-quitnet](http://www.quit.com/join-quitnet) for details.

**OPEN HERE**

**TO INCREASE YOUR SUCCESS IN QUITTING:**

- Use the Nicorette Original Gum as directed in the Nicorette Original Gum package insert.
- Use the Nicorette Original Gum as directed in the Nicorette Original Gum package insert.
- Use the Nicorette Original Gum as directed in the Nicorette Original Gum package insert.

**170 PIECES, 2 mg EACH**

**Nicorette**  
**Original Gum**

**nicotine polacrilex gum, 2 mg • stop smoking aid**

**VALUE PACK**

**170 PIECES, 2 mg EACH**

**Original**

**170 PIECES, 2 mg EACH**

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**Drug Facts**

**Active ingredients (in each chewing piece)** **Purpose**  
Stop smoking

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Drug Facts**

**Active ingredients (in each chewing piece)** **Purpose**  
Stop smoking

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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

**Coated**  
FOR BOLD FLAVOR

**Fruit Chill**  
180 Pieces, 2 mg Each

**BONUS PACK**  
20 EXTRA PIECES

**2 mg**

**180**  
180 Pieces, 2 mg Each

**OPEN HERE**

TO INCREASE YOUR SUCCESS IN QUITTING:  
 1. Use the gum for 9-12 weeks.  
 2. Use the gum for 12-16 weeks.  
 3. Use the gum for 16-20 weeks.  
 4. Use the gum for 20-24 weeks.  
 5. Use the gum for 24-28 weeks.  
 6. Use the gum for 28-32 weeks.  
 7. Use the gum for 32-36 weeks.  
 8. Use the gum for 36-40 weeks.  
 9. Use the gum for 40-44 weeks.  
 10. Use the gum for 44-48 weeks.  
 11. Use the gum for 48-52 weeks.  
 12. Use the gum for 52-56 weeks.  
 13. Use the gum for 56-60 weeks.  
 14. Use the gum for 60-64 weeks.  
 15. Use the gum for 64-68 weeks.  
 16. Use the gum for 68-72 weeks.  
 17. Use the gum for 72-76 weeks.  
 18. Use the gum for 76-80 weeks.  
 19. Use the gum for 80-84 weeks.  
 20. Use the gum for 84-88 weeks.  
 21. Use the gum for 88-92 weeks.  
 22. Use the gum for 92-96 weeks.  
 23. Use the gum for 96-100 weeks.  
 24. Use the gum for 100-104 weeks.  
 25. Use the gum for 104-108 weeks.  
 26. Use the gum for 108-112 weeks.  
 27. Use the gum for 112-116 weeks.  
 28. Use the gum for 116-120 weeks.  
 29. Use the gum for 120-124 weeks.  
 30. Use the gum for 124-128 weeks.  
 31. Use the gum for 128-132 weeks.  
 32. Use the gum for 132-136 weeks.  
 33. Use the gum for 136-140 weeks.  
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 56. Use the gum for 228-232 weeks.  
 57. Use the gum for 232-236 weeks.  
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 59. Use the gum for 240-244 weeks.  
 60. Use the gum for 244-248 weeks.  
 61. Use the gum for 248-252 weeks.  
 62. Use the gum for 252-256 weeks.  
 63. Use the gum for 256-260 weeks.  
 64. Use the gum for 260-264 weeks.  
 65. Use the gum for 264-268 weeks.  
 66. Use the gum for 268-272 weeks.  
 67. Use the gum for 272-276 weeks.  
 68. Use the gum for 276-280 weeks.  
 69. Use the gum for 280-284 weeks.  
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 71. Use the gum for 288-292 weeks.  
 72. Use the gum for 292-296 weeks.  
 73. Use the gum for 296-300 weeks.  
 74. Use the gum for 300-304 weeks.  
 75. Use the gum for 304-308 weeks.  
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 87. Use the gum for 352-356 weeks.  
 88. Use the gum for 356-360 weeks.  
 89. Use the gum for 360-364 weeks.  
 90. Use the gum for 364-368 weeks.  
 91. Use the gum for 368-372 weeks.  
 92. Use the gum for 372-376 weeks.  
 93. Use the gum for 376-380 weeks.  
 94. Use the gum for 380-384 weeks.  
 95. Use the gum for 384-388 weeks.  
 96. Use the gum for 388-392 weeks.  
 97. Use the gum for 392-396 weeks.  
 98. Use the gum for 396-400 weeks.  
 99. Use the gum for 400-404 weeks.  
 100. Use the gum for 404-408 weeks.  
 101. Use the gum for 408-412 weeks.  
 102. Use the gum for 412-416 weeks.  
 103. Use the gum for 416-420 weeks.  
 104. Use the gum for 420-424 weeks.  
 105. Use the gum for 424-428 weeks.  
 106. Use the gum for 428-432 weeks.  
 107. Use the gum for 432-436 weeks.  
 108. Use the gum for 436-440 weeks.  
 109. Use the gum for 440-444 weeks.  
 110. Use the gum for 444-448 weeks.  
 111. Use the gum for 448-452 weeks.  
 112. Use the gum for 452-456 weeks.  
 113. Use the gum for 456-460 weeks.  
 114. Use the gum for 460-464 weeks.  
 115. Use the gum for 464-468 weeks.  
 116. Use the gum for 468-472 weeks.  
 117. Use the gum for 472-476 weeks.  
 118. Use the gum for 476-480 weeks.  
 119. Use the gum for 480-484 weeks.  
 120. Use the gum for 484-488 weeks.  
 121. Use the gum for 488-492 weeks.  
 122. Use the gum for 492-496 weeks.  
 123. Use the gum for 496-500 weeks.  
 124. Use the gum for 500-504 weeks.  
 125. Use the gum for 504-508 weeks.  
 126. Use the gum for 508-512 weeks.  
 127. Use the gum for 512-516 weeks.  
 128. Use the gum for 516-520 weeks.  
 129. Use the gum for 520-524 weeks.  
 130. Use the gum for 524-528 weeks.  
 131. Use the gum for 528-532 weeks.  
 132. Use the gum for 532-536 weeks.  
 133. Use the gum for 536-540 weeks.  
 134. Use the gum for 540-544 weeks.  
 135. Use the gum for 544-548 weeks.  
 136. Use the gum for 548-552 weeks.  
 137. Use the gum for 552-556 weeks.  
 138. Use the gum for 556-560 weeks.  
 139. Use the gum for 560-564 weeks.  
 140. Use the gum for 564-568 weeks.  
 141. Use the gum for 568-572 weeks.  
 142. Use the gum for 572-576 weeks.  
 143. Use the gum for 576-580 weeks.  
 144. Use the gum for 580-584 weeks.  
 145. Use the gum for 584-588 weeks.  
 146. Use the gum for 588-592 weeks.  
 147. Use the gum for 592-596 weeks.  
 148. Use the gum for 596-600 weeks.  
 149. Use the gum for 600-604 weeks.  
 150. Use the gum for 604-608 weeks.  
 151. Use the gum for 608-612 weeks.  
 152. Use the gum for 612-616 weeks.  
 153. Use the gum for 616-620 weeks.  
 154. Use the gum for 620-624 weeks.  
 155. Use the gum for 624-628 weeks.  
 156. Use the gum for 628-632 weeks.  
 157. Use the gum for 632-636 weeks.  
 158. Use the gum for 636-640 weeks.  
 159. Use the gum for 640-644 weeks.  
 160. Use the gum for 644-648 weeks.  
 161. Use the gum for 648-652 weeks.  
 162. Use the gum for 652-656 weeks.  
 163. Use the gum for 656-660 weeks.  
 164. Use the gum for 660-664 weeks.  
 165. Use the gum for 664-668 weeks.  
 166. Use the gum for 668-672 weeks.  
 167. Use the gum for 672-676 weeks.  
 168. Use the gum for 676-680 weeks.  
 169. Use the gum for 680-684 weeks.  
 170. Use the gum for 684-688 weeks.  
 171. Use the gum for 688-692 weeks.  
 172. Use the gum for 692-696 weeks.  
 173. Use the gum for 696-700 weeks.  
 174. Use the gum for 700-704 weeks.  
 175. Use the gum for 704-708 weeks.  
 176. Use the gum for 708-712 weeks.  
 177. Use the gum for 712-716 weeks.  
 178. Use the gum for 716-720 weeks.  
 179. Use the gum for 720-724 weeks.  
 180. Use the gum for 724-728 weeks.  
 181. Use the gum for 728-732 weeks.  
 182. Use the gum for 732-736 weeks.  
 183. Use the gum for 736-740 weeks.  
 184. Use the gum for 740-744 weeks.  
 185. Use the gum for 744-748 weeks.  
 186. Use the gum for 748-752 weeks.  
 187. Use the gum for 752-756 weeks.  
 188. Use the gum for 756-760 weeks.  
 189. Use the gum for 760-764 weeks.  
 190. Use the gum for 764-768 weeks.  
 191. Use the gum for 768-772 weeks.  
 192. Use the gum for 772-776 weeks.  
 193. Use the gum for 776-780 weeks.  
 194. Use the gum for 780-784 weeks.  
 195. Use the gum for 784-788 weeks.  
 196. Use the gum for 788-792 weeks.  
 197. Use the gum for 792-796 weeks.  
 198. Use the gum for 796-800 weeks.  
 199. Use the gum for 800-804 weeks.  
 200. Use the gum for 804-808 weeks.  
 201. Use the gum for 808-812 weeks.  
 202. Use the gum for 812-816 weeks.  
 203. Use the gum for 816-820 weeks.  
 204. Use the gum for 820-824 weeks.  
 205. Use the gum for 824-828 weeks.  
 206. Use the gum for 828-832 weeks.  
 207. Use the gum for 832-836 weeks.  
 208. Use the gum for 836-840 weeks.  
 209. Use the gum for 840-844 weeks.  
 210. Use the gum for 844-848 weeks.  
 211. Use the gum for 848-852 weeks.  
 212. Use the gum for 852-856 weeks.  
 213. Use the gum for 856-860 weeks.  
 214. Use the gum for 860-864 weeks.  
 215. Use the gum for 864-868 weeks.  
 216. Use the gum for 868-872 weeks.  
 217. Use the gum for 872-876 weeks.  
 218. Use the gum for 876-880 weeks.  
 219. Use the gum for 880-884 weeks.  
 220. Use the gum for 884-888 weeks.  
 221. Use the gum for 888-892 weeks.  
 222. Use the gum for 892-896 weeks.  
 223. Use the gum for 896-900 weeks.  
 224. Use the gum for 900-904 weeks.  
 225. Use the gum for 904-908 weeks.  
 226. Use the gum for 908-912 weeks.  
 227. Use the gum for 912-916 weeks.  
 228. Use the gum for 916-920 weeks.  
 229. Use the gum for 920-924 weeks.  
 230. Use the gum for 924-928 weeks.  
 231. Use the gum for 928-932 weeks.  
 232. Use the gum for 932-936 weeks.  
 233. Use the gum for 936-940 weeks.  
 234. Use the gum for 940-944 weeks.  
 235. Use the gum for 944-948 weeks.  
 236. Use the gum for 948-952 weeks.  
 237. Use the gum for 952-956 weeks.  
 238. Use the gum for 956-960 weeks.  
 239. Use the gum for 960-964 weeks.  
 240. Use the gum for 964-968 weeks.  
 241. Use the gum for 968-972 weeks.  
 242. Use the gum for 972-976 weeks.  
 243. Use the gum for 976-980 weeks.  
 244. Use the gum for 980-984 weeks.  
 245. Use the gum for 984-988 weeks.  
 246. Use the gum for 988-992 weeks.  
 247. Use the gum for 992-996 weeks.  
 248. Use the gum for 996-1000 weeks.

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**Drug Facts**

**Active ingredient (in each chewing piece)** Nicotine polacrilex 2 mg nicotine av. per cigarette by FTC method.

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Drug Facts**

**Active ingredient (in each chewing piece)** Nicotine polacrilex 2 mg nicotine av. per cigarette by FTC method.

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Drug Facts**

**Active ingredient (in each chewing piece)** Nicotine polacrilex 2 mg nicotine av. per cigarette by FTC method.

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Nicorette**

nicotine polacrilex gum, 2 mg • stop smoking aid

**Gum**

**FOR BOLD FLAVOR**

**Coated**

**2 mg**

**180**

**BONUS PACK**

**20 EXTRA PIECES**

**180**

**180 PIECES, 2 mg EACH**

Do not use if you are pregnant or breastfeeding.

Do not use if you are taking MAO inhibitors.

Do not use if you are taking other nicotine replacement products.

**OPEN HERE**

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**Drug Facts**

**Active ingredient (in each chewing piece)** Nicotine polacrilex 2 mg nicotine av. per mg nicotine tar

**Warnings**

**Use**

**Directions**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile

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

**Not for sale in vending machines or from any source unless proof of age cannot be verified**

**Do not use if individual blisters or printed backings are broken, open, or torn.**

**Other information:**

**Warnings:**

**Use:**

**Directions:**

**Other information:**

**Inactive ingredients:**

**Questions or comments?**

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**2 mg**

**20 EXTRA PIECES**

**BONUS PACK**

**Nicorette**

**Gum**

**Coated**

**FOR BOLD FLAVOR**

**Spearmint Burst**

**with a hint of chamomile**

**20 Pieces, 2 mg Each**

**180 Pieces, 2 mg Each**

**OPEN HERE**

**TO INCREASE YOUR SUCCESS IN QUITTING:**

**1. Use Nicorette gum for 12 weeks.**

**2. Use Nicorette gum for 12 weeks.**

**3. Use Nicorette gum for 12 weeks.**

**4. Use Nicorette gum for 12 weeks.**

**5. Use Nicorette gum for 12 weeks.**

**6. Use Nicorette gum for 12 weeks.**

**7. Use Nicorette gum for 12 weeks.**

**8. Use Nicorette gum for 12 weeks.**

**9. Use Nicorette gum for 12 weeks.**

**10. Use Nicorette gum for 12 weeks.**



NDC 0000-0000-00



gsk

# Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

## Gum

**200 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.

**Coated**  
**FOR BOLD FLAVOR**

**Fruit Chill**

**200 PIECES, 2 mg EACH**  
**(2-100 piece cartons)**

NPA000105



# 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](http://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)**  
Nicotine polacrilex (equal to 2 mg nicotine) ..... Stop smoking aid

#### Purpose

**Use** — reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking.

#### Warnings

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

#### 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, acetylflame potassium, carnauba wax, edible ink, flavor, gum base, hydroxyethylcellulose, magnesium oxide, menthyl peppermint oil, polyorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

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

NP4000104

Lot:  
Exp:

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NDC 0000-0000-00

gsk

# Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

## Gum

**200 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.

**Coated**  
**FOR BOLD FLAVOR**

*White Ice Mint*

**200 PIECES, 2 mg EACH**  
**(2-100 piece cartons)**

NPA000113



# 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](http://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)**  
Nicotine polacrilex (equal to 2 mg nicotine).....Stop smoking aid

#### Purpose

**Use** — reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking.

#### Warnings

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

#### 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, hydroxyethylcellulose, magnesium oxide, menthol, peppermint oil, polyorbate 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 

# Nicorette

nicotine polacrilex gum, 2 mg • stop smoking aid

## Gum

**200 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.

**Coated**  
**FOR BOLD FLAVOR**

**Spearmint Burst**  
*with a hint of chamomile*

**200 PIECES, 2 mg EACH**  
**(2-100 piece cartons)**

NPA000108 

# 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](http://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)**  
Nicotine polacrilex (equal to 2 mg nicotine).....Stop smoking aid

#### Purpose

**Use** — reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking.

#### Warnings

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

#### 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

- 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, hydroxypropyl methylcellulose, magnesium oxide, menthyl peppermint oil, poly sorbate 80, sodium bicarbonate, sodium carbonate, sucralose, titanium dioxide, xylitol

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

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NDC 0000-0000-00

**Nicorette**

**Gum**

**2 mg**



*Original*

**200 PIECES**





NPA000135

# Nicorette

nicotine polacriflex gum, 2 mg • stop smoking aid

## Gum

### How To Open the Nicorette Gum Blister Pack



To remove the gum, peel off backing with back edge.



Push gum through hole.



**Personalized Quit Plan**  
Visit [www.quit.com/nicorettequit](http://www.quit.com/nicorettequit) 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.

Do not use if you are under 18 years of age.

Do not use if you are pregnant or breastfeeding, or if you are taking any other medications or have any source who provides information that your use of this product may be harmful.

### TO INCREASE YOUR SUCCESS IN QUITTING:

- You must be motivated to quit.
- Use Enough — Chew at least 6 pieces of gum every day for the first 12 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.

### Drug Facts

**Active Ingredient (in each chewing piece)**  
Nicotine polacriflex (equivalent to 2 mg nicotine)

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

**Warnings**  
• You are pregnant or breastfeeding, or you are taking any other medications or have any source who provides information that your use of this product may be harmful. This medicine is believed to be safer than smoking. However, the risks to you and your baby cannot be verified.

**Ask a doctor before use if you have**

- a heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate and blood pressure.
- stomach ulcer or diabetes

**Ask a doctor or pharmacist before use if you are**

- using a non-nicotine stop smoking drug
- taking a prescription medicine for depression or asthma. Your symptoms may be worsened.

**Stop use and ask a doctor if**

- you have symptoms of an allergic reaction (such as difficulty breathing or rash)
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

**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 the day you quit or the day after you quit
- 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	1 piece every 1 to 2 hours	1 piece every 2 to 4 hours
Weeks 7 to 9	1 piece every 2 to 4 hours	1 piece every 4 to 6 hours
Weeks 10 to 12	1 piece every 4 to 6 hours	1 piece every 6 to 8 hours

• nicotine gum is a medicine and must be used a certain way to get the most benefit. 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 goes away. 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 of gum. • 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 of gum
- do not use more than 24 pieces a day
- use a mild antacid for heartburn treatment. If you need to use the gum, use a mild antacid for heartburn treatment. If you need to use the gum, use a mild antacid for heartburn treatment.

**Other information**  
• each piece contains: calcium 117 mg, sodium 13 mg

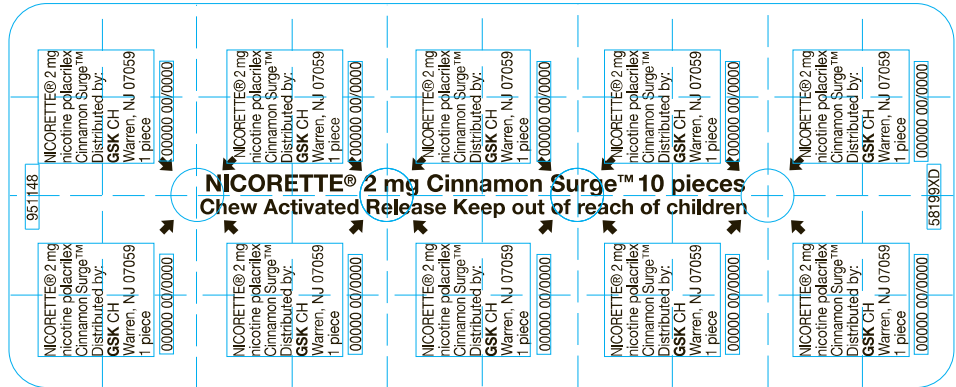
**Inactive ingredients**  
• glycerin, gum base, sodium bicarbonate, sodium carbonate, sorbitol

**Questions or comments?** call toll-free 1-888-568-1743

Drug based for  
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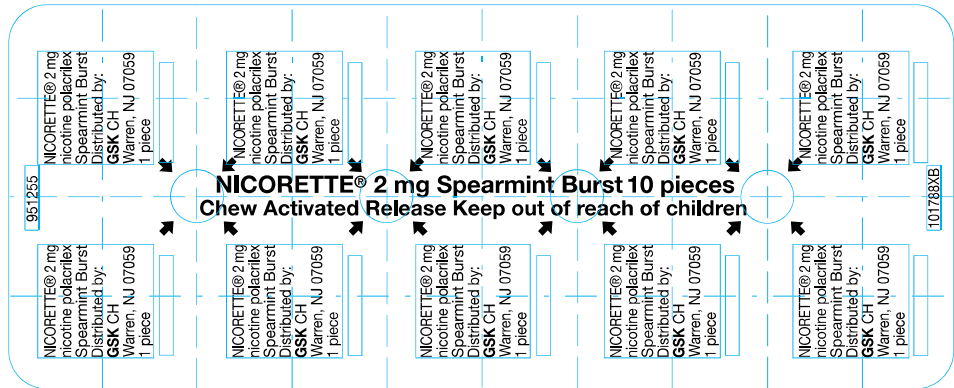
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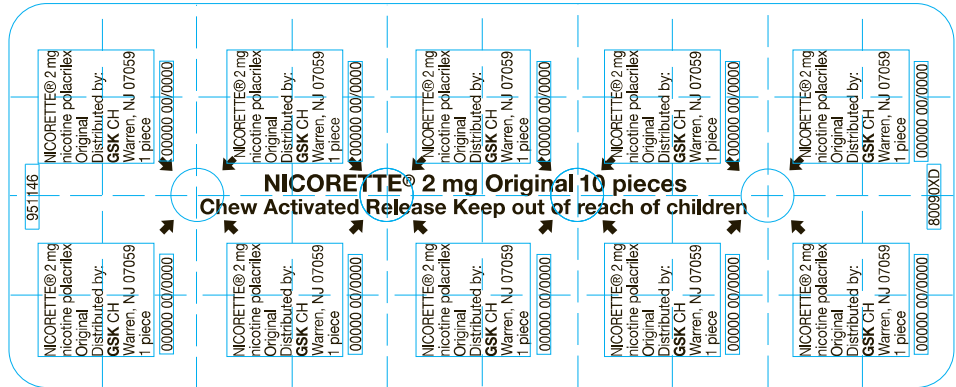












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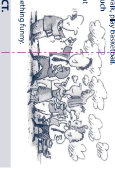
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The following chart lists the recommended dosage schedule for Nicorette Gum.

Time period	1 mg Nicotine Gum	2 mg Nicotine Gum
First week	1 piece every 1-2 hours	1 piece every 2-4 hours
Second week	1 piece every 2-4 hours	1 piece every 4-8 hours
Third week	1 piece every 4-8 hours	1 piece every 8-16 hours
Fourth week	1 piece every 8-16 hours	1 piece every 16-24 hours

To improve your chances of quitting, use at least 9 pieces of Nicorette Gum in a day. From experience, many people find that they do not understand how to use the gum properly. Use the following information to help you understand how to use the gum properly.

**HOW TO BEGIN YOUR NICOTINE GUM USAGE:**  
 1. Start with 9 pieces of Nicorette Gum in a day. From experience, many people find that they do not understand how to use the gum properly. Use the following information to help you understand how to use the gum properly.  
 2. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.  
 3. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.



Find other activities which help you deal with withdrawal symptoms. Start with your usual weight, then gradually increase your weight. You can also try other activities which help you deal with withdrawal symptoms. Start with your usual weight, then gradually increase your weight.

**WHAT TO EXPECT**  
 Your body is now coming back to normal. During the first few days, you may experience some withdrawal symptoms. These are normal and will go away. You may also experience some withdrawal symptoms. These are normal and will go away.

**WHEN THE STRUGGLE IS OVER**  
 Once you are stopped smoking, your body will go through a withdrawal period. This period will last for about two weeks. During this time, you may experience some withdrawal symptoms. These are normal and will go away.

**QUESTIONS & ANSWERS**  
 1. How long will it take to get over my withdrawal symptoms?  
 2. Can I use Nicorette Gum if I am pregnant?  
 3. Can I use Nicorette Gum if I am breastfeeding?

**GOOD LUCK!**  
 You can do it! You can quit smoking. You can do it! You can quit smoking. You can do it! You can quit smoking.

**TIPS TO MAKE QUITTING EASIER:**  
 1. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.  
 2. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.

**HOW TO SURVIVE THE FIRST WEEK:**  
 1. Control your physical cravings for nicotine.  
 2. Get rid of all signs that you ever smoked.  
 3. Stay active, keep busy to take your mind off smoking.  
 4. Think positive! The first week is the toughest. Remember yourself that it will get easier.

**WEEK ONE**  
 The toughest hurdle — your first week without cigarettes. Your craving for nicotine will be strongest during the first week. Use this sample of the Nicorette Gum to get your strength back. Use this sample of the Nicorette Gum to get your strength back.

**WHERE TO GET IT**  
 Nicorette Gum is available at most pharmacies, grocery stores, and convenience stores. You can also order it online. Nicorette Gum is available at most pharmacies, grocery stores, and convenience stores.

**AMERICAN HEART ASSOCIATION**  
 1-800-242-8721

**AMERICAN LUNG ASSOCIATION**  
 1-800-556-4872

**WHERE TO CALL FOR HELP:**  
 American Heart Association  
 American Lung Association

**QUITTING TIPS**  
 1. Control your physical cravings for nicotine.  
 2. Get rid of all signs that you ever smoked.  
 3. Stay active, keep busy to take your mind off smoking.  
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 1-800-556-4872

**WHERE TO CALL FOR HELP:**  
 American Heart Association  
 American Lung Association

**WHERE TO CALL FOR HELP:**  
 American Heart Association  
 American Lung Association

FRONT

14.75

# Nicorette Gum

## nicotine polacrifex gum

### 2 mg and 4 mg User's Guide

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

**KEYS TO SUCCESS:**

1. You can quit smoking. You can quit smoking. You can quit smoking.
2. You can quit smoking. You can quit smoking. You can quit smoking.
3. You can quit smoking. You can quit smoking. You can quit smoking.
4. You can quit smoking. You can quit smoking. You can quit smoking.

**HOW TO BEGIN YOUR NICOTINE GUM USAGE:**

1. Start with 9 pieces of Nicorette Gum in a day. From experience, many people find that they do not understand how to use the gum properly. Use the following information to help you understand how to use the gum properly.
2. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.
3. Use the gum as often as you need it. The gum should be used as often as you need it. The gum should be used as often as you need it.

**HOW TO SURVIVE THE FIRST WEEK:**

1. Control your physical cravings for nicotine.
2. Get rid of all signs that you ever smoked.
3. Stay active, keep busy to take your mind off smoking.
4. Think positive! The first week is the toughest. Remember yourself that it will get easier.

**WHERE TO GET IT**

Nicorette Gum is available at most pharmacies, grocery stores, and convenience stores. You can also order it online. Nicorette Gum is available at most pharmacies, grocery stores, and convenience stores.

**AMERICAN HEART ASSOCIATION**

1-800-242-8721

**AMERICAN LUNG ASSOCIATION**

1-800-556-4872

**WHERE TO CALL FOR HELP:**

American Heart Association  
 American Lung Association

**PLACE THESE REMINDERS ON YOUR CALENDAR:**

- STEP 1: Start with 9 pieces of Nicorette Gum in a day.
- STEP 2: Use the gum as often as you need it.
- STEP 3: Stay active, keep busy to take your mind off smoking.
- STEP 4: Think positive! The first week is the toughest.

**QUITTING SMOKING IS HARD!**

Remember, you can quit smoking. You can quit smoking. You can quit smoking.

**LET'S GET ORGANIZED.**

Plan your quit date. Plan your quit date. Plan your quit date.

**WHAT YOU'RE UP TO.**

Stay active, keep busy to take your mind off smoking.

**SOME IMPORTANT WARNINGS.**

Do not use Nicorette Gum if you are pregnant or breastfeeding.

**On The Go.**

Take your Nicorette Gum with you wherever you go.

**Learn more visit**

[www.quit.com/join-myquit](http://www.quit.com/join-myquit)

1.875 Wide

1.4375

1.4375

1.4375

1.25

1.4375

2.875

1.4375

1.25

1.4375

1.4375

1.25

1.4375

2.875

1.4375

1.875 Wide

Reference ID: 4789808





## Nicorette

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

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

**KEYS TO SUCCESS.**

- You must really want to quit smoking for Nicorette Gum to help you.
- 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.
- 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.
- 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.
- If you have trouble using Nicorette Gum, ask your doctor or pharmacist or call Customer Support at 1-800-536-1763.

**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 tried to quit before and haven't succeeded, don't be discouraged! Quitting isn't as easy. It takes time, and it's best to try a few times before you are successful. The important thing is to try again until you succeed. This User's Guide will 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 secondhand 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 back of this User's Guide. Write down the times when you want to quit. 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. 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 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 safe for your fetus. However, the risks to your child from this medicine are not fully known.

**Ask a doctor before use if you have:**

- a sodium/potassium 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 ulcers or diabetes
- history of seizures.

**Ask a doctor or pharmacist before use if you are:**

- using a nicotine stop smoking drug
- taking a prescription medicine for depression or asthma.

Your prescription dose may need to be adjusted.

**Step 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 a 2 mg nicotine gum. If you smoke your first cigarette more than 30 minutes after waking up, use a 4 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. During the next three weeks, you'll gradually reduce 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.

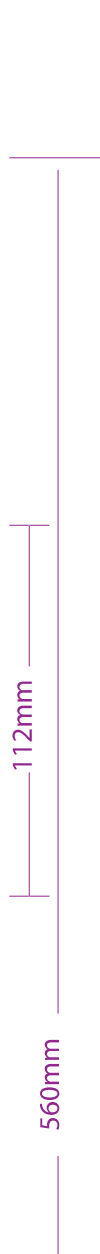
**End of treatment.**  
The day you'll complete Nicorette Gum therapy. Identify the date thirteen weeks after the date you chose in Step 1, and place the "EX-SMOKER" reminder on your calendar.

**PLAN AHEAD.**  
Because smoking is an addiction, it's 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 cigarettes 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 cravings to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with. Use a smooth rock, rubber band, stress ball, or 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 a walk, enjoy coffee 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 places 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 tar or carbon monoxide, Nicorette Gum is safe. 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 use Nicorette Gum correctly, you have to be precise! 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



**WHERE TO CALL FOR HELP:**

American Lung Association  
1-800-536-4872

American Cancer Society  
1-800-227-2345

American Heart Association  
1-800-547-6921

**MYQUIT PROGRAM**

Get a free MyQuit program that will help you quit smoking. The program includes a support group, a quit schedule, and a quit kit. You can also get a free MyQuit program that will help you quit smoking. The program includes a support group, a quit schedule, and a quit kit.

**QUITTING TIPS**

How to survive the first week:

- Control your physical cravings for nicotine.
- Get rid of all signs that you ever smoked.
- Stay active, keep busy, and change your environment.
- Think positive. The first week is the toughest.
- Remember, you can quit! You can do it!

**WHAT TO EXPECT.**

Your body is going through a withdrawal process. During the first week, you may experience physical cravings for nicotine. These cravings are caused by the nicotine in the gum. They will go away over time. You may also experience irritability, anxiety, and depression. These symptoms are also caused by the nicotine in the gum. They will go away over time. You may also experience changes in your appetite, weight, and sleep. These symptoms are also caused by the nicotine in the gum. They will go away over time.

**GOOD TIPS!**

- Keep a record of your quitting process.
- Put together an Emergency Kit that includes items that will help take your mind off occasional cravings to smoke.
- 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.

# MyQuit

Program brought to you by **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 the tough moments.

**Nicorette** nicotine polacrilex gum and GSK

To learn more visit [www.quit.com/join-myquit](http://www.quit.com/join-myquit)

**PLACE THESE REMINDERS ON YOUR CALENDAR:**

AT THE BEGINNING OF WEEK #1 (QUIT DATE)

STEP 1 (First week)

STEP 2 (Second week)

STEP 3 (Third week)

AT THE BEGINNING OF WEEK #7

EX-SMOKER

AT THE BEGINNING OF WEEK #10

12 WEEKS AFTER QUIT DATE

**TO YOUR INDEX:** Stay motivated with the MyQuit program. The MyQuit 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 mood online 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

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STEP 1 (First week)

STEP 2 (Second week)

STEP 3 (Third week)

AT THE BEGINNING OF WEEK #7

EX-SMOKER

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My most important reasons to quit smoking are:

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

180mm  
45mm

FRONT VIEW

BACK VIEW

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

KEYS TO SUCCESS.

- You must really want to quit smoking for Nicorette Gum to help you.
- 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.
- You should continue to use Nicorette Gum as explained in this User's Guide for 12 full weeks. If you do not need to use Nicorette Gum for a longer period to keep from smoking, talk to your health care provider.
- 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.
- If you have trouble using Nicorette Gum, ask your doctor or pharmacist or call Customer Support at 1-888-366-1763.

SO YOU DECIDED TO QUIT.

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

YOUR OWN CHOICES OF QUITTING SMOKING EXPERTS RECOMMEND

You want to quit, how strongly you are addicted to tobacco, and how soon you follow a quitting plan like the one that comes with Nicorette Gum.



QUITTING SMOKING IS HARD!

If you 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 the information you need to know. 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.

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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 family and friends to stop smoking. Or maybe you're concerned about the dangerous effect of secondhand 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 back of this User's Guide. Write them down at important 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 learn 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 intended to be used with your doctor's supervision. 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 ulcers 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.

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

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 up 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. 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). Stay active. Keep busy to take your mind off smoking. Use 12 pieces every day for the first 3 weeks. Then use 9 to 12 pieces every day.

STEP 2 (Weeks 7-9). 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 study your feelings for nicotine. For the next 3 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 (the first day of week seven).

STEP 3 (Weeks 10-12). Nine weeks after you begin using Nicorette Gum, you will further reduce your nicotine intake by using one piece every four to eight hours. Use a Step 2 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. Place the "DISMISS" reminder on your calendar.

PLAN AHEAD. Because smoking is an addiction, it isn't 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 progress. Track the number of Nicorette Gum pieces you use each day and when you feel a craving for cigarettes. In the event that you do, 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 licorice 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 other rewards. Like a new magazine or a gift certificate for your favorite store, which you'll give yourself after passing difficult hours.  
Think about the times when you most often want a cigarette, and then plan what day you might go instead of smoking for a while. 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 specialized chewing process provides 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 system 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 smoking. Nicotine, the active ingredient in 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 use Nicorette Gum, make sure you understand the product. Read the entire User's Guide. Nicorette Gum is not an ordinary chewing gum. It's a medicine, and must be used a certain way to work right. Chewing the ordinary gum, Nicorette Gum won't work well and can cause side effects.

Program brought to you by 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 the toughest moments.

TO LEARN MORE VISIT [www.quit.com/join-myquit](http://www.quit.com/join-myquit)

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

180mm  
45mm

- To Your Inbox:** Stay motivated with three text messages each week. The support program that sends encouragement and tips straight to your inbox.
- On The Web:** Get helpful advice, tips and inspiration from examiners on Quit.com.
- On The Go:** Log cravings and track your progress with the MyQuit App. The mobile phone app which you can use wherever you are.

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

180mm  
45mm

WALLET CARD

WHERE TO CALL FOR HELP:  
American Lung Association 1-800-586-4872  
American Cancer Society 1-800-227-2345  
American Heart Association 1-800-242-8971

MYQUIT PROGRAM

How to survive the first week:

- Control your physical craving 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.
- Get rid of old signs that you ever smoked—Remove your ashtray, lighters, matches and old cigs or cigarettes.
- Stay active. Keep busy to take your mind off smoking.
- Think positive! The first week the toughest. Remember your friend that it will be easier.

QUITTING TIPS

- Make sure you tell friends and family.
- Make sure you tell friends and family.
- Make sure you tell friends and family.

QUITTING TIPS

WHAT TO EXPECT

After a Week or Two

After a Month

After 3 Months

After 6 Months

After 9 Months

After 12 Months

After 15 Months

After 18 Months

After 21 Months

After 24 Months

After 27 Months

After 30 Months

After 33 Months

After 36 Months

After 39 Months

After 42 Months

After 45 Months

After 48 Months

After 51 Months

After 54 Months

After 57 Months

After 60 Months

After 63 Months

After 66 Months

After 69 Months

After 72 Months

After 75 Months

After 78 Months

After 81 Months

After 84 Months

After 87 Months

After 90 Months

After 93 Months

After 96 Months

After 99 Months

After 102 Months

After 105 Months

After 108 Months

After 111 Months

After 114 Months

After 117 Months

After 120 Months

HOW TO SURVIVE THE FIRST WEEK

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2. Get rid of old signs that you ever smoked—Remove your ashtray, lighters, matches and old cigs or cigarettes.

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

4. Think positive! The first week the toughest. Remember your friend that it will be easier.

QUESTIONS & ANSWERS

1. How will I feel when I start using Nicorette Gum?  
2. How long will it take to feel better?  
3. Can I be sure I won't relapse?  
4. What if I relapse?  
5. How long should I use Nicorette Gum?  
6. Can I use Nicorette Gum if I'm pregnant or breastfeeding?  
7. Can I use Nicorette Gum if I have heart disease or high blood pressure?  
8. Can I use Nicorette Gum if I have diabetes?  
9. Can I use Nicorette Gum if I have asthma?  
10. Can I use Nicorette Gum if I have depression or anxiety?  
11. Can I use Nicorette Gum if I have any other medical conditions?  
12. Can I use Nicorette Gum if I'm taking any other medications?  
13. Can I use Nicorette Gum if I'm taking any other supplements?  
14. Can I use Nicorette Gum if I'm taking any other vitamins?  
15. Can I use Nicorette Gum if I'm taking any other herbs?  
16. Can I use Nicorette Gum if I'm taking any other natural products?  
17. Can I use Nicorette Gum if I'm taking any other dietary supplements?  
18. Can I use Nicorette Gum if I'm taking any other health products?  
19. Can I use Nicorette Gum if I'm taking any other wellness products?  
20. Can I use Nicorette Gum if I'm taking any other lifestyle products?

HOW TO REDUCE YOUR NICORETTE GUM USAGE

1. How will I feel when I start using Nicorette Gum?  
2. How long will it take to feel better?  
3. Can I be sure I won't relapse?  
4. What if I relapse?  
5. How long should I use Nicorette Gum?  
6. Can I use Nicorette Gum if I'm pregnant or breastfeeding?  
7. Can I use Nicorette Gum if I have heart disease or high blood pressure?  
8. Can I use Nicorette Gum if I have diabetes?  
9. Can I use Nicorette Gum if I have asthma?  
10. Can I use Nicorette Gum if I have depression or anxiety?  
11. Can I use Nicorette Gum if I have any other medical conditions?  
12. Can I use Nicorette Gum if I'm taking any other medications?  
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14. Can I use Nicorette Gum if I'm taking any other vitamins?  
15. Can I use Nicorette Gum if I'm taking any other herbs?  
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17. Can I use Nicorette Gum if I'm taking any other dietary supplements?  
18. Can I use Nicorette Gum if I'm taking any other health products?  
19. Can I use Nicorette Gum if I'm taking any other wellness products?  
20. Can I use Nicorette Gum if I'm taking any other lifestyle products?

WHEN THE STRUGGLES OVER

1. How will I feel when I start using Nicorette Gum?  
2. How long will it take to feel better?  
3. Can I be sure I won't relapse?  
4. What if I relapse?  
5. How long should I use Nicorette Gum?  
6. Can I use Nicorette Gum if I'm pregnant or breastfeeding?  
7. Can I use Nicorette Gum if I have heart disease or high blood pressure?  
8. Can I use Nicorette Gum if I have diabetes?  
9. Can I use Nicorette Gum if I have asthma?  
10. Can I use Nicorette Gum if I have depression or anxiety?  
11. Can I use Nicorette Gum if I have any other medical conditions?  
12. Can I use Nicorette Gum if I'm taking any other medications?  
13. Can I use Nicorette Gum if I'm taking any other supplements?  
14. Can I use Nicorette Gum if I'm taking any other vitamins?  
15. Can I use Nicorette Gum if I'm taking any other herbs?  
16. Can I use Nicorette Gum if I'm taking any other natural products?  
17. Can I use Nicorette Gum if I'm taking any other dietary supplements?  
18. Can I use Nicorette Gum if I'm taking any other health products?  
19. Can I use Nicorette Gum if I'm taking any other wellness products?  
20. Can I use Nicorette Gum if I'm taking any other lifestyle products?

WALLET CARD

My most important reasons to quit smoking are:

1. I want to live longer.

2. I want to be healthier.

3. I want to save money.

4. I want to be a better parent.

5. I want to be a better worker.

6. I want to be a better friend.

7. I want to be a better person.

8. I want to be a better citizen.

9. I want to be a better human.

10. I want to be a better animal.

11. I want to be a better plant.

12. I want to be a better microorganism.

13. I want to be a better cell.

14. I want to be a better molecule.

15. I want to be a better atom.

16. I want to be a better subatomic particle.

17. I want to be a better quark.

18. I want to be a better lepton.

19. I want to be a better boson.

20. I want to be a better fermion.





**Drug Facts**

**Active ingredient (in each chewing piece) Purpose**  
Nicotine polacrifone (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 iodine-125I seed
- 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 fast-acting oral smoking-ting
- 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**

This gum is contained in a carton packaged inside a clear plastic outer container sealed to a printed cart. 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  
Suggested Retail Price

NDC 0155-0475-08

**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](http://www.quit.com/join-myquit) for details.*

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**Drug Facts (continued)**

**Keep out of reach of children and pets.** Pieces of nicotine gum may have enough nicotine to make children and pets sick. Always use 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 2	Weeks 3 to 4	Weeks 5 to 12
1 piece every 2 to 4 hours	1 piece every 4 to 8 hours	1 piece every 8 to 16 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: t nicotine 84 mg, sodium 13 mg
- store at 20° to 25°C (68° to 77°F) • protect from light and humidity

**Inactive ingredients**  
sucralose, potassium, carnauba wax, D&C yellow #10 AL lake, white ink, flavor, gum base, hypromellose, magnesium stearate, menthyl piperonyl ethyl caproate, Fe, sodium carboxylate, dextrose, sorbitol, titanium dioxide, xanthan

**Questions or comments?** call toll-free 1-888-689-1743





**OPEN HERE**

**Drug Facts**  
**Active ingredient (in each chewing piece)** Nicotine polacriflex gum  
**Purpose** Nicotine polacriflex gum is used to help you quit smoking and reduce 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. This medicine is believed to be safe for smoking, however, the risks to your child from the nicotine in this medicine are not known.

**Ask your doctor or pharmacist before use if you are:**  
 • taking a non-nicotine drug smoking aid  
 • taking any medicine for depression or asthma. Your prescription dose may need to be adjusted.  
 • pregnant or breastfeeding.  
 • taking any medicine for heart disease.  
 • taking any medicine for diabetes.  
 • taking any medicine for high blood pressure.  
 • taking any medicine for stomach acid.  
 • taking any medicine for heartburn or indigestion.  
 • taking any medicine for allergies.  
 • taking any medicine for asthma.  
 • taking any medicine for depression or anxiety.  
 • taking any medicine for seizures.  
 • taking any medicine for bipolar disorder.  
 • taking any medicine for schizophrenia.  
 • taking any medicine for Parkinson's disease.  
 • taking any medicine for multiple sclerosis.  
 • taking any medicine for HIV/AIDS.  
 • taking any medicine for hepatitis B or C.  
 • taking any medicine for kidney disease.  
 • taking any medicine for liver disease.  
 • taking any medicine for thyroid disease.  
 • taking any medicine for diabetes.  
 • taking any medicine for high cholesterol.  
 • taking any medicine for high blood pressure.  
 • taking any medicine for heart disease.  
 • taking any medicine for stroke.  
 • taking any medicine for heart failure.  
 • taking any medicine for angina.  
 • taking any medicine for coronary artery disease.  
 • taking any medicine for peripheral artery disease.  
 • taking any medicine for aortic aneurysm.  
 • taking any medicine for aortic dissection.  
 • taking any medicine for aortic stenosis.  
 • taking any medicine for aortic regurgitation.  
 • taking any medicine for mitral stenosis.  
 • taking any medicine for mitral regurgitation.  
 • taking any medicine for tricuspid stenosis.  
 • taking any medicine for tricuspid regurgitation.  
 • taking any medicine for pulmonary stenosis.  
 • taking any medicine for pulmonary regurgitation.  
 • taking any medicine for coarctation of the aorta.  
 • taking any medicine for bicuspid aortic valve.  
 • taking any medicine for aortic valve disease.  
 • taking any medicine for aortic valve stenosis.  
 • taking any medicine for aortic valve regurgitation.  
 • taking any medicine for mitral valve disease.  
 • taking any medicine for mitral valve stenosis.  
 • taking any medicine for mitral valve regurgitation.  
 • taking any medicine for tricuspid valve disease.  
 • taking any medicine for tricuspid valve stenosis.  
 • taking any medicine for tricuspid valve regurgitation.  
 • taking any medicine for pulmonary valve disease.  
 • taking any medicine for pulmonary valve stenosis.  
 • taking any medicine for pulmonary valve regurgitation.  
 • taking any medicine for aortic valve disease.  
 • taking any medicine for aortic valve stenosis.  
 • taking any medicine for aortic valve regurgitation.  
 • taking any medicine for mitral valve disease.  
 • taking any medicine for mitral valve stenosis.  
 • taking any medicine for mitral valve regurgitation.  
 • taking any medicine for tricuspid valve disease.  
 • taking any medicine for tricuspid valve stenosis.  
 • taking any medicine for tricuspid valve regurgitation.  
 • taking any medicine for pulmonary valve disease.  
 • taking any medicine for pulmonary valve stenosis.  
 • taking any medicine for pulmonary valve regurgitation.

**Directions**  
 • If you are under 18 years of age, ask a doctor before use.  
 • Do not use this medicine for more than 12 weeks for complete nicotine and other dependent 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 less than 30 minutes after waking up, use 4 mg nicotine gum.  
 • Use this gum according to the following 12-week schedule:  
 • Weeks 1 to 2: 1 piece every 1 to 2 hours  
 • Weeks 3 to 4: 1 piece every 2 to 4 hours  
 • Weeks 5 to 6: 1 piece every 4 to 8 hours  
 • Weeks 7 to 8: 1 piece every 8 to 16 hours  
 • Weeks 9 to 12: 1 piece every 16 to 24 hours  
 • Chew the gum slowly and thoroughly. Do not swallow the gum. When the single is done, begin chewing again, until the single returns to its original shape (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 per day.  
 • Do not use more than 24 pieces per day.  
 • Do not use more than 24 pieces per day.  
 • Do not use more than 24 pieces per day.

**Nicorette**  
 White Ice Mint Gum  
**100 PIECES, 4 mg EACH**

**Drug Facts (continued)**  
 • This gum is not for use as a nicotine replacement. If you feel you need to use the gum for a longer period to stop from smoking, talk to your health care provider.  
**Other Information**  
 • Store at 20° to 25°C (68° to 77°F).  
 • Nicotine polacriflex gum 4 mg, sodium 13 mg.  
**Keep out of reach of children and pets.** Pieces of nicotine gum may have enough nicotine to make a child or pet sick if they chew or swallow it. If you have symptoms of an allergic reaction (such as difficulty breathing or rash), stop using this medicine and call your doctor right away. If you have symptoms of an allergic reaction (such as difficulty breathing or rash), stop using this medicine and call your doctor right away. If you have symptoms of an allergic reaction (such as difficulty breathing or rash), stop using this medicine and call your doctor right away.  
**Questions or comments?**  
 Call 1-800-368-6977

**gsk**

**Nicorette**  
 Gum  
 nicotine polacriflex gum, 4 mg • stop smoking aid

**4 mg**

**Coated FOR BOLD FLAVOR**  
**White Ice Mint**  
**100 PIECES, 4 mg EACH**

**FOR THOSE WHO SURVIVE THEIR FIRST CIGARETTE WITHIN 30 MINUTES**  
 If you smoke your first cigarette MORE THAN 30 minutes after waking up, use Nicorette 2 mg Gum.

**TO INCREASE YOUR SUCCESS IN QUITTING:**  
 1. You must be motivated to quit.  
 2. You must be ready to quit.  
 3. Use Long Nicotine — Use Nicorette gum for this full 12 weeks.  
 4. Use Long Nicotine — Use Nicorette gum for this full 12 weeks.  
 5. Use Long Nicotine — Use Nicorette gum for this full 12 weeks.  
 6. Use Long Nicotine — Use Nicorette gum for this full 12 weeks.

**100 PIECES, 4 mg EACH**

**Nicorette**  
 White Ice Mint Gum

**Nicorette**  
 White Ice Mint Gum

• not for sale to those under 18 years of age  
 • 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 Nicorette app!**  
 Visit [www.gsk.com/gsm-mgus](http://www.gsk.com/gsm-mgus) for details.

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**Nicorette**  
 White Ice Mint Gum

LOT: \_\_\_\_\_  
 EXP: \_\_\_\_\_

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**Nicorette**  
 White Ice Mint Gum

NP4000002

**TO INCREASE YOUR SUCCESS IN QUITTING:**

- You must be motivated to quit.
- You must be ready to quit.
- You must have a strong support system.
- You must use Nicorette gum for the full 12 weeks.
- Use Long Strength — Use Nicorette gum for the full 12 weeks.
- Use Short Strength — Use Nicorette gum as directed in the enclosed User Guide.

NDC 0000-0000-00

**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile

**100 PIECES, 4 mg EACH**

**4 mg**

**Nicorette**  
Gum  
nicotine polacriflex gum, 4 mg • stop smoking aid

**Coated**  
FOR BOLD FLAVOR

**Spearmint Burst**  
with a hint of chamomile

**100 PIECES, 4 mg EACH**

gsk

PERS TO USE THIS GUM: TAKE YOUR FIRST PIECE WITHIN 30 MINUTES OF WAKING UP. If you smoke your first cigarette **MOORE THAN** 30 minutes after waking up, use Nicorette 2 mg Gum.

**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile  
**100 PIECES, 4 mg EACH**

**Drug Facts (continued)**

- Use only as directed. Do not use if you are pregnant or breastfeeding. If you feel you need to use the gum for a longer period to stop from smoking, talk to your health care provider.

**Other Information**

- Contains 100 pieces (4 mg each) of Nicorette gum.
- Store at 20° to 25°C (68° to 77°F).

**Contains 100 mg of Nicotine**

**Warnings**

- Do not use if you are pregnant or breastfeeding.
- Do not use if you are taking MAO inhibitors.
- Do not use if you are taking other nicotine replacement therapy.
- Do not use if you are taking other medications that may interact with Nicorette gum.
- Do not use if you are taking other medications that may interact with Nicorette gum.

**Questions? Go to [www.nicorette.com](http://www.nicorette.com)**

**Drug Facts**

**Active ingredient (in each chewing piece)** Nicotine polacriflex (4 mg)

**Purpose** Stop smoking aid

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

**Warnings**

- Do not use if you are pregnant or breastfeeding.
- Do not use if you are taking MAO inhibitors.
- Do not use if you are taking other nicotine replacement therapy.
- Do not use if you are taking other medications that may interact with Nicorette gum.

**Keep out of reach of children and pets.** Pieces of nicotine gum may have enough nicotine to make a child or pet sick. If you have symptoms of an allergic reaction (such as difficulty breathing or rash), stop using this product and contact your healthcare provider for advice.

**Directions**

- If you are under 18 years of age, ask a doctor before use.
- 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 less than 30 minutes after waking up, use 4 mg nicotine gum according to the following 12-week schedule:

Weeks 1 to 2	1 piece every 2 to 4 hours	1 piece every 4 to 8 hours
Weeks 3 to 4	1 piece every 4 to 8 hours	1 piece every 8 to 12 hours
Weeks 5 to 6	1 piece every 8 to 12 hours	1 piece every 12 to 16 hours
Weeks 7 to 8	1 piece every 12 to 16 hours	1 piece every 16 to 20 hours
Weeks 9 to 10	1 piece every 16 to 20 hours	1 piece every 20 to 24 hours
Weeks 11 to 12	1 piece every 20 to 24 hours	1 piece every 24 hours

**Other Information**

- Contains 100 pieces (4 mg each) of Nicorette gum.
- Store at 20° to 25°C (68° to 77°F).

**Contains 100 mg of Nicotine**

**Warnings**

- Do not use if you are pregnant or breastfeeding.
- Do not use if you are taking MAO inhibitors.
- Do not use if you are taking other nicotine replacement therapy.
- Do not use if you are taking other medications that may interact with Nicorette gum.

**Questions? Go to [www.nicorette.com](http://www.nicorette.com)**

LOT: \_\_\_\_\_

EXP: \_\_\_\_\_

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**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile

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**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile

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**Nicorette**  
Spearmint Burst Gum  
with a hint of chamomile

**TO INCREASE YOUR SUCCESS IN QUITTING:**

- You must be motivated to quit.
- Use Enough — Chew at least 10 pieces of Nicorette gum.
- Use Long Enough — Use Nicorette gum for the full 12 weeks.
- Use with a support program as directed in the enclosed booklet.

**Nicorette Original Gum**

**4 mg**

**Nicorette Original**

**110 PIECES, 4 mg EACH**

**Nicorette Original Gum**

**110 PIECES, 4 mg EACH**

**Nicorette Original Gum**

**LOT:** [Redacted]      **EXP:** [Redacted]

**Drug Facts (continued)**

**Other Information:**

- Contains 110 pieces of gum.
- Store at 20° to 25°C (68° to 77°F).
- See important information about Nicorette gum on page 2 of the enclosed booklet.

**Questions or comments?**

Call 1-800-368-6773, [www.nicorette.com](http://www.nicorette.com)

**Drug Facts**

**What is this medicine (in each chewing piece)?** Nicotine polacrifex gum.

**Purpose:** Stop smoking or reduce the amount of cigarettes you smoke.

**Warnings:**

- Do not use if you are under 18 years of age.
- Do not use if you are pregnant or breastfeeding.
- Do not use if you are taking any of the following medicines: bupropion, desferrioxamine, disulfiram, levamisole, nifedipine, or verapamil.
- Do not use if you are taking any of the following medicines: bupropion, desferrioxamine, disulfiram, levamisole, nifedipine, or verapamil.

**Directions:**

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

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

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

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

**Nicorette Original Gum**

• not for sale to those under 18 years of age

• proof of age required

• not for sale to those under 18 years of age 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 support program. Visit [www.nicorette.com/nicorette](http://www.nicorette.com/nicorette) for details.**

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**Nicorette Original Gum**

**110 PIECES, 4 mg EACH**

**Nicorette Original Gum**

**LOT:** [Redacted]      **EXP:** [Redacted]

**Nicorette Original Gum**

**110 PIECES, 4 mg EACH**

**Drug Facts (continued)**

**Other Information:**

- Contains 110 pieces of gum.
- Store at 20° to 25°C (68° to 77°F).
- See important information about Nicorette gum on page 2 of the enclosed booklet.

**Questions or comments?**

Call 1-800-368-6773, [www.nicorette.com](http://www.nicorette.com)

**Drug Facts**

**What is this medicine (in each chewing piece)?** Nicotine polacrifex gum.

**Purpose:** Stop smoking or reduce the amount of cigarettes you smoke.

**Warnings:**

- Do not use if you are under 18 years of age.
- Do not use if you are pregnant or breastfeeding.
- Do not use if you are taking any of the following medicines: bupropion, desferrioxamine, disulfiram, levamisole, nifedipine, or verapamil.
- Do not use if you are taking any of the following medicines: bupropion, desferrioxamine, disulfiram, levamisole, nifedipine, or verapamil.

**Directions:**

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

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

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

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





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LOC

Exp:

**Drug Facts** (continued)

**Active ingredients (in each chewing piece)**

**Warnings**

**Directions**

**Purpose**

**Use**

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Nicorette

Gum

nicotine polacrlox gum, 4 mg • stop smoking aid

VALUE PACK

4 mg

WITH 30 MINUTES OF CHewing UP

FOR BOLD FLAVOR

Coated

White Ice Mint

160 PIECES, 4 mg EACH

160 PIECES, 4 mg EACH

TO INCREASE YOUR SUCCESS IN QUITTING:

OPEN HERE

**Drug Facts (continued)**

**Other information**

**Inactive ingredients**

**Questions or comments?**

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 unless 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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 Individualized quit support program.  
 Visit [www.quit.com/join-tryquit](http://www.quit.com/join-tryquit) for details.



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**Nicorette**  
Original Gum

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**Drug Facts**  
Active ingredient(s) (in each chewing piece): Nicotine polacrilex 4 mg nicotine...  
Purpose: Stop smoking aid

**Warnings:**  
If you are pregnant or breastfeeding, only use this medicine on the advice of your health care provider.  
Do not use Nicorette gum for more than 12 weeks unless your doctor tells you to. If you use Nicorette gum for more than 12 weeks, you may need to stop using it.  
Do not use Nicorette gum if you have:  
• a heart condition, such as a heart attack, or if you have had a heart attack in the last 3 months.  
• high blood pressure, or if you are taking medicine to control your blood pressure.  
• a history of seizures.

**Directions:**  
If you are under 18 years of age, ask a doctor before use.  
• Chew slowly for 30 minutes, then swallow the gum. Do not eat, drink, or smoke for 15 minutes after you finish chewing the gum.  
• Do not use Nicorette gum for more than 12 weeks unless your doctor tells you to.  
• If you use Nicorette gum for more than 12 weeks, you may need to stop using it.

Weeks 1 to 6	Weeks 7 to 12	Weeks 13 to 17
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours	1 piece every 4 to 12 hours

**Other information:**  
• Each piece contains 4 mg of nicotine (11 mg tar) and 13 mg of sugar.  
• Nicotine is addictive. Do not use Nicorette gum for more than 12 weeks unless your doctor tells you to.  
• Do not use Nicorette gum if you are pregnant or breastfeeding.

**Inactive ingredients:** Nicotine polacrilex, gum base, softener, carbonates, sorbitol.

**Questions or comments?** Call 1-866-868-1748

**Nicorette**  
Original Gum

**4 mg**  
NICHOTINE POLACRILEX GUM  
170 PIECES, 4 mg EACH

**VALUE PACK**

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

FOR THOSE WHO SMOKE  
170 PIECES, 4 mg EACH

**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. Use Nicorette gum for 12 weeks.
2. Use Nicorette gum for 12 weeks.
3. Use Nicorette gum for 12 weeks.
4. Use Nicorette gum for 12 weeks.

**OPEN HERE**

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**Drug Facts**

**Active ingredient(s) (in each chewing piece)** Nicotine polacrilex (tartrate) 4 mg nicotine-tartrate (tartrate salt)

**Purpose**  
Stop smoking aid

**Warnings**

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

**Directions**

**Other information**

**Questions or comments?** call toll-free 1-888-666-7474

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**Drug Facts**

**Active ingredient(s) (in each chewing piece)** Nicotine polacrilex (tartrate) 4 mg nicotine-tartrate (tartrate salt)

**Purpose**  
Stop smoking aid

**Warnings**

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

**Directions**

**Other information**

**Questions or comments?** call toll-free 1-888-666-7474

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**Drug Facts**

**Active ingredient(s) (in each chewing piece)** Nicotine polacrilex (tartrate) 4 mg nicotine-tartrate (tartrate salt)

**Purpose**  
Stop smoking aid

**Warnings**

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

**Directions**

**Other information**

**Questions or comments?** call toll-free 1-888-666-7474

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**Nicorette**  
**Fruit Chill Gum**

**4 mg**  
**WITHIN 30 MINUTES**  
**OF FINISHING UP**  
**OR FINISHING UP**  
**WITHIN 30 MINUTES**  
**OF FINISHING UP**

**Coated**  
**FOR BOLD FLAVOR**

**Nicorette**  
**Gum**  
**4 mg • stop smoking aid**

**BONUS PACK**  
**20 EXTRA PIECES**

**180**  
**180 PIECES, 4 mg EACH**

**180**  
**180 PIECES, 4 mg EACH**

**OPEN HERE**





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**LOT:** \_\_\_\_\_ **EXP:** \_\_\_\_\_

**Drug Facts**

**Active ingredient(s) (in each chewing piece)**  
 Nicotine polacrilex 4 mg nicotine tartrate (tartrate salt)

**Purpose**  
 Stop smoking aid

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

**Warnings**  
 If you are pregnant or breastfeeding, stop use this medicine on the advice of your health care provider. Nicotine can harm your unborn baby. If you are pregnant, tell your doctor right away. You may need to stop using this medicine. The risks to your unborn baby from this medicine are not fully known.

**Ask doctor before use if you have:**

- a low blood sodium level
- heart disease, recent heart attack, or trouble breathing. Nicotine can increase your heart rate.
- high blood pressure not controlled with medication. Nicotine can increase blood pressure, cholesterol, fat or glucose.
- history of seizures.

**Ask doctor or pharmacist before use if you are:**

- taking a heart medicine that slows your pulse.
- taking a medicine to treat depression or anxiety. Your prescription dose may need to be adjusted.

**Stop use and see a doctor if:**

- rash, hives, or oral sores occur.
- irregular heartbeat or palpitations occur.
- you experience symptoms of nicotine withdrawal such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat.
- you have symptoms of an allergic reaction such as difficulty breathing or wheezing.

**Keep out of reach of children and pets.** Pieces of Nicorette gum may be enough to harm a child if eaten and can be fatal if inhaled. Keep away from children and pets. If you have symptoms of an allergic reaction, stop use and get medical help or contact a Poison Control Center right away.

**Directions**  
 - Before using this product, read the Nicorette User's Guide for complete directions and other important information.  
 - Begin use on the gum on the quit day.  
 - If you smoke your first cigarette more than 30 minutes after waking up, use 2 mg Nicorette gum.  
 - If you smoke your first cigarette within 30 minutes of waking up, use 4 mg Nicorette gum according to the following 10 week schedule:

Week	1 to 2	3 to 4	5 to 6	7 to 8	9 to 10	11 to 12
Number of pieces per day	12	12	12	12	12	12

**Other information**

- each piece contains 4 mg nicotine (tartrate salt) and 2 mg nicotine polacrilex (4 mg nicotine tartrate)
- contains 200 pieces

**Inactive ingredients**  
 200 mg calcium carbonate, gum base, sodium carbonate, sorbitol

**Questions or comments?** call 1-800-4-A-SMOKER

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**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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 GSK Consumer Healthcare  
 Atlanta, GA 30309  
 Made in Sweden

©2023 GSK or one of its subsidiaries or affiliates.  
 Nicorette is a trademark of GSK Consumer Healthcare.  
 Nicorette is covered by a patent in the USA and other countries.  
 Nicorette is covered by a patent in the USA and other countries.  
 Nicorette is covered by a patent in the USA and other countries.  
 Visit [www.quit.com/quit-tryquit](http://www.quit.com/quit-tryquit) for details.

NPK00015

**Nicorette**  
 Gum

nicotine polacrilex gum, 4 mg • stop smoking aid

4 mg

mg  
 Nicotine Polacrilex  
 WITHIN 30 MINUTES  
 OF WAKENING UP

200 PIECES, 4 mg EACH

**OPEN HERE**

200 PIECES, 4 mg EACH

1. The top layer is the Nicorette gum. It is covered by a layer of Nicorette gum.  
 2. The bottom layer is the Nicorette gum. It is covered by a layer of Nicorette gum.  
 3. The sides are the Nicorette gum. They are covered by a layer of Nicorette gum.  
 4. The Nicorette gum is covered by a layer of Nicorette gum.

NDC 0000-0000-00



gsk

# Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

## Gum

**200 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 **MORE THAN 30 MINUTES** after waking up, use Nicorette 2 mg Gum.

**Coated**  
**FOR BOLD FLAVOR**

**Fruit Chill**

**200 PIECES, 4 mg EACH**  
**(2-100 piece cartons)**

NPA000107



# 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](http://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

NIP0000114

Lot:  
Exp:

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NDC 0000-0000-00



gsk

# Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

## Gum

**200 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 **MORE THAN 30 MINUTES** after waking up, use Nicorette 2 mg Gum.

**Coated**  
FOR BOLD FLAVOR

*White Ice Mint*

**200 PIECES, 4 mg EACH**  
**(2-100 piece cartons)**

NPA000115



# 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](http://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)** Nicotine polacrilex (equal to 4 mg nicotine).....Stop smoking aid

#### Purpose

**Use** — reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking.

#### Warnings

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

#### 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

NPA0000106

Lot:  
Exp:

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NDC 0000-0000-00 

# Nicorette

nicotine polacrilex gum, 4 mg • stop smoking aid

## Gum

**200 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 **MORE THAN 30 MINUTES** after waking up, use Nicorette 2 mg Gum.

**Coated**  
**FOR BOLD FLAVOR**

**Spearmint Burst**  
*with a hint of chamomile*

**200 PIECES, 4 mg EACH**  
**(2-100 piece cartons)**

NPA000110 

# 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](http://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)** Nicotine polacrilex (equal to 4 mg nicotine).....Stop smoking aid

#### Purpose

**Use** — reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking.

#### Warnings

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

#### 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

NIP000111

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NDC 0000-0000-00

**Nicorette**

**Gum**

**4 mg**



*Original*

**200 PIECES**





NPA000103

# Nicorette

nicotine polacriflex gum, 4 mg • stop smoking aid

## Gum

### How To Open the Nicorette Gum Blister Pack



To remove the gum, peel off the gum, tear at single unit.



Peel off backing, push gum through foil.



**Personalized Quit Plan**  
Visit [www.quit.com/MyQuit](http://www.quit.com/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.

**Do not** use Nicorette gum if you are:
 

- not for sale to those under 18 years of age
- pregnant or breastfeeding
- taking any other nicotine replacement products or have any source whose proof of age cannot be verified

**TO INCREASE YOUR SUCCESS IN QUITTING:**

1. You must be motivated to quit.
2. Use Nicorette gum for at least 6 weeks.
3. Use Long Enough — Chew at least 2 pieces a day.
4. Use with a support program as directed in the enclosed User's Guide.

### Drug Facts

**Active Ingredient (in each chewing piece)**  
Nicotine polacriflex (equivalent to 4 mg nicotine tar)

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

**Warnings**  
• **Do not use if pregnant or breastfeeding.** Nicotine can cross the placenta and pass through breast milk. If you are pregnant or breastfeeding, you should not use this medicine as the health care provider who can assess the risks to you and your baby. This medicine is believed to be safer than smoking. However, the risks to you and your baby are not known.

**Ask a doctor before use if you have**

- a sodium-restricted diet
- heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase heart rate and blood pressure.
- high blood pressure not controlled with medication. Nicotine can increase blood pressure.
- stomach, liver, or kidney problems.

**Ask a doctor or pharmacist before use if you are**

- taking a prescription medicine for depression or asthma. Your doctor may need to adjust the dose of your medicine.
- taking a non-nicotine stop smoking drug.

**Store and use as directed**

- Store at room temperature (20° to 25°C/68° to 77°F).
- mouth, teeth or jaw problems occur
- irregular heartbeat or palpitations occur
- dizziness, drowsiness, or lightheadedness occur
- you have symptoms of an allergic reaction (such as difficulty breathing or rash)

**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 when you quit smoking
- 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	1 piece every 1 to 2 hours	2 to 4 hours	4 to 6 hours
Weeks 7 to 9	1 piece every 2 to 4 hours	4 to 6 hours	6 to 8 hours
Weeks 10 to 12	1 piece every 4 to 6 hours	6 to 8 hours	8 to 10 hours

- nicotine gum is a medicine and must be used a certain way to get the most benefit
- 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
- if you experience strong or frequent cravings, you may use a second piece first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece after 6 weeks
- do not use more than 24 pieces a day
- use a mild antacid to help relieve heartburn. If you need to use the gum, use a mild antacid 15 minutes before chewing. Do not use heartburn relief products, since this may cause you to become heartburn, nausea or other side effects.

**Other information**

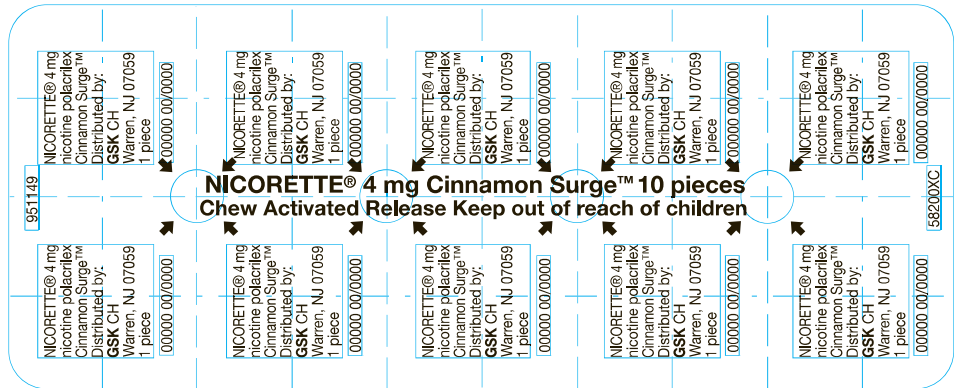
- each piece contains: calcium 117 mg, sodium 13 mg
- store at 20° to 25°C (68° to 77°F)
- protect from light

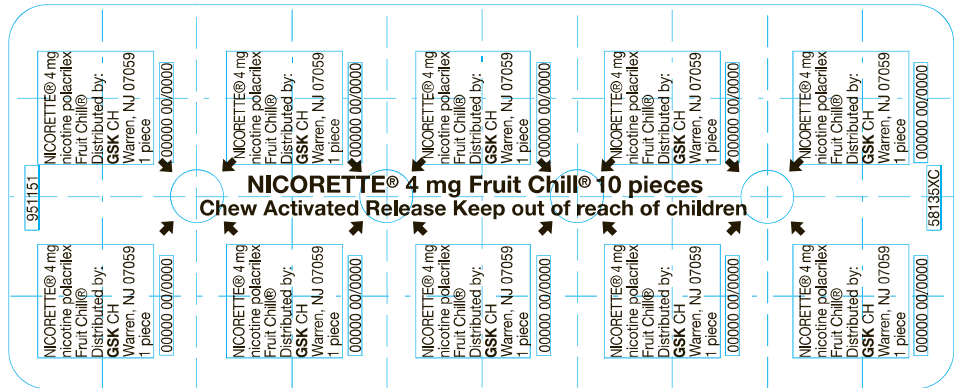
**Inactive ingredients**  
Nicotine polacriflex gum base, sodium carbonate, sorbitol, polyethylene glycol, polyethylene glycol, polyethylene glycol, polyethylene glycol.

**Questions or comments?** call toll-free: 1-888-969-7433

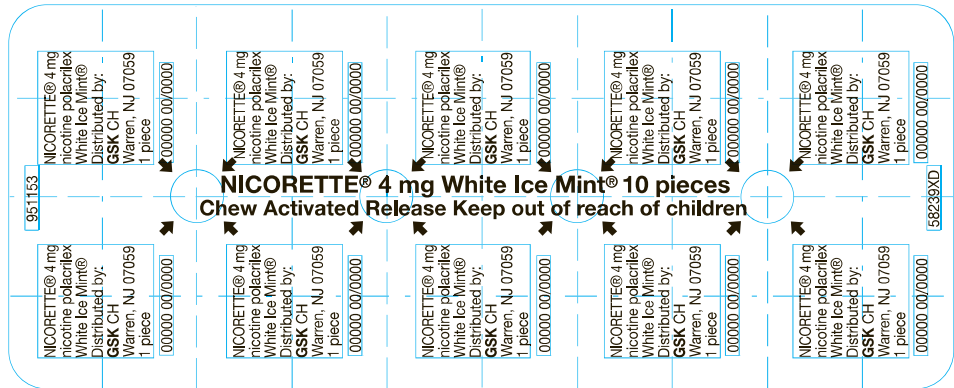
Drug Facts for Nicorette Gum, Consumer Healthcare  
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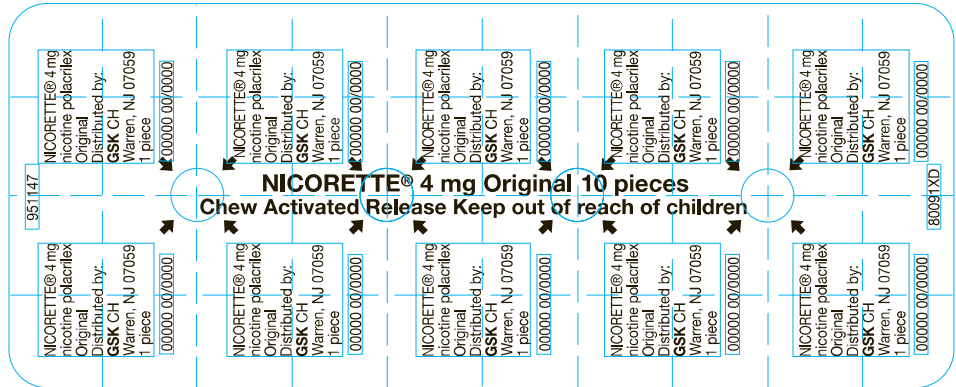






9511E3	NICORETTE® 4 mg nicotine polacriflex White Ice Mint® Distributed by: GSK CH Warren, NJ 07059 1 piece 000000.00/00000	NICORETTE® 4 mg nicotine polacriflex White Ice Mint® Distributed by: GSK CH Warren, NJ 07059 1 piece 000000.00/00000	<b>NICORETTE® 4 mg White Ice Mint® 10 pieces</b> Chew Activated Release Keep out of reach of children	NICORETTE® 4 mg nicotine polacriflex White Ice Mint® Distributed by: GSK CH Warren, NJ 07059 1 piece 000000.00/00000	NICORETTE® 4 mg nicotine polacriflex White Ice Mint® Distributed by: GSK CH Warren, NJ 07059 1 piece 000000.00/00000	58239XD
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Reference ID: 4784357



Nicorette®  
 TO OPEN  
 gently  
 push tabs  
 on side  
 and pull up  
 forcefully,  
 pulling open box.

4 mg

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**Nicorette**  
 nicotine polacrifex 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, until the tingle is gone. 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 cart. The inner carton has a clear overwrap. **DO NOT USE IF ANY OF THESE TAMPER EVIDENT FEATURES ARE MISSING, TORN, OR BROKEN.**

Reference ID: 4794357



Reference ID: 4784357



BACK

8.25

The following chart lists the recommended dosage schedule for Nicorette Gum.

Time of Day	1 mg Nicotine Gum	2 mg Nicotine Gum
Waking	1 piece	1 piece
1st cigarette	1 piece	1 piece
2nd cigarette	1 piece	1 piece
3rd cigarette	1 piece	1 piece
4th cigarette	1 piece	1 piece
5th cigarette	1 piece	1 piece
6th cigarette	1 piece	1 piece
7th cigarette	1 piece	1 piece
8th cigarette	1 piece	1 piece
9th cigarette	1 piece	1 piece
10th cigarette	1 piece	1 piece
11th cigarette	1 piece	1 piece
12th cigarette	1 piece	1 piece
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14th cigarette	1 piece	1 piece
15th cigarette	1 piece	1 piece
16th cigarette	1 piece	1 piece
17th cigarette	1 piece	1 piece
18th cigarette	1 piece	1 piece
19th cigarette	1 piece	1 piece
20th cigarette	1 piece	1 piece
21st cigarette	1 piece	1 piece
22nd cigarette	1 piece	1 piece
23rd cigarette	1 piece	1 piece
24th cigarette	1 piece	1 piece
25th cigarette	1 piece	1 piece
26th cigarette	1 piece	1 piece
27th cigarette	1 piece	1 piece
28th cigarette	1 piece	1 piece
29th cigarette	1 piece	1 piece
30th cigarette	1 piece	1 piece
31st cigarette	1 piece	1 piece
32nd cigarette	1 piece	1 piece
33rd cigarette	1 piece	1 piece
34th cigarette	1 piece	1 piece
35th cigarette	1 piece	1 piece
36th cigarette	1 piece	1 piece
37th cigarette	1 piece	1 piece
38th cigarette	1 piece	1 piece
39th cigarette	1 piece	1 piece
40th cigarette	1 piece	1 piece
41st cigarette	1 piece	1 piece
42nd cigarette	1 piece	1 piece
43rd cigarette	1 piece	1 piece
44th cigarette	1 piece	1 piece
45th cigarette	1 piece	1 piece
46th cigarette	1 piece	1 piece
47th cigarette	1 piece	1 piece
48th cigarette	1 piece	1 piece
49th cigarette	1 piece	1 piece
50th cigarette	1 piece	1 piece
51st cigarette	1 piece	1 piece
52nd cigarette	1 piece	1 piece
53rd cigarette	1 piece	1 piece
54th cigarette	1 piece	1 piece
55th cigarette	1 piece	1 piece
56th cigarette	1 piece	1 piece
57th cigarette	1 piece	1 piece
58th cigarette	1 piece	1 piece
59th cigarette	1 piece	1 piece
60th cigarette	1 piece	1 piece

**HOW TO BEHOLD YOUR NICOTINE GUM USAGE**

The goal of using Nicorette Gum is to help reduce your craving for nicotine and ease withdrawal symptoms. To get the most benefit from your Nicorette Gum, you should use it as follows:

- Use it as often as you need it, up to 15 pieces per day.
- Use it as often as you need it, up to 15 pieces per day.
- Use it as often as you need it, up to 15 pieces per day.

**TIPS TO MAKE QUITTING EASIER**

Use these tips to help you quit smoking. They will help you manage your withdrawal symptoms and reduce your cravings for nicotine.

- Use Nicorette Gum as often as you need it, up to 15 pieces per day.
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**QUESTIONS & ANSWERS**

**1. How long will it take to feel better?**  
Most people feel better within a few days of starting to use Nicorette Gum. However, it may take up to two weeks to feel completely better.

**2. Can I use Nicorette Gum if I have other health conditions?**  
Nicorette Gum is safe for most people. However, you should avoid it if you have a heart condition, high blood pressure, or are taking certain medications.

**WHAT TO EXPECT**

When you start using Nicorette Gum, you may experience some side effects. These are usually mild and go away on their own. However, you should stop using it if you experience any of the following:

- Chest pain
- Dizziness
- Headache
- Nausea
- Stomach pain
- Tiredness
- Vomiting

**Quitting Tips**

**How to Survive the First Week:**

1. Control your physical cravings for nicotine.
2. Get rid of all signs that you ever smoked.
3. Stay active, keep busy to take your mind off smoking.
4. Think positive! The first week is the toughest. Remember yourself that it will get easier.

**WEEK ONE**

The toughest hurdle — your first week without cigarettes — your craving for nicotine will be strongest. Without using Nicorette Gum properly, follow the direction on your Nicorette Gum package.

Day	Times	Cravings
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	

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

Use this sample of the Nicorette Gum package to get your thoughts on the first week.

Carry this calendar with you.

**WHERE TO CALL FOR HELP:**

American Lung Association  
1-800-558-4872

American Cancer Society  
1-800-227-2345

American Heart Association  
1-800-242-8721

WALLET CARD

FRONT

8.25



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

**KEYS TO SUCCESS:**

1. You can quit smoking by using Nicorette Gum as often as you need it, up to 15 pieces per day.
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**HOW TO USE NICOTINE GUM**

Use Nicorette Gum as often as you need it, up to 15 pieces per day. This will help you manage your withdrawal symptoms and reduce your cravings for nicotine.

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**PLACE THESE REMINDERS ON YOUR CALENDAR:**

- STEP 1: GET READY TO QUIT
- STEP 2: QUIT TODAY
- STEP 3: STAY QUIT

ESMOKE! DON'T SMOKE! DON'T SMOKE!

**MyQuit**  
Program brought to you by

**Nicorette**  
nicotine patch/gum

**Nicorette**  
MyQuit program to provide and whenever you need it. The program provides a network of support and encouragement with these tough moments.

**On The Web:** Get help, advice, tips and inspiration from fellow smokers on MyQuit.com.

**On The Go:** Log cravings and track your progress with MyQuit on your phone.

**To learn more visit [www.quit.com/join-myquit](http://www.quit.com/join-myquit)**

**QUITTING SMOKING IS HARD!**

**SO YOU DECIDE TO QUIT.**

**LET'S GET ORGANIZED.**

**WHAT YOU'RE UP TO.**

**SOME IMPORTANT REMINDERS.**

**LET'S GET ORGANIZED.**

**WHAT YOU'RE UP TO.**

**SOME IMPORTANT REMINDERS.**

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

WALLET CARD

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180mm  
45mm

FRONT VIEW

BACK VIEW

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

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.

If you have trouble using Nicorette Gum, ask your doctor or pharmacist or call Customer Support at 1-800-586-1783.

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 try to quit before and haven't succeeded, don't be discouraged! Quitting isn't easy. It takes time, and it's best to try a few times before you are successful. The important thing is to try again until you succeed. This User's Guide will help 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 secondhand 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 back of this User's Guide. Write down the times when you want to quit, and 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. 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 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 safe for your fetus. However, the risks to your child from this medicine are not fully known.
- Ask a doctor before use if you have:
  - a sodium/potassium 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 pain or diabetes
  - history of seizures.
- Ask a doctor or pharmacist before use if you are:
  - using a nicotine stop smoking drug
  - taking a prescription medicine for depression or asthma.

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

**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 a 2 mg nicotine gum. If you smoke your first cigarette more than 30 minutes after waking up, use a 4 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's 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 cravings to smoke. Include cinnamon gum or lemon drops to suck on, a relaxing CD, and something for your hands to play with. Use a smooth rock, rubber band, stress ball, or 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 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 TO USE NICORETTE GUM.

If you are under 18 years of age, ask a doctor before use. Before you use Nicorette Gum correctly, you have to be precise! 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

**WALLET CARD**

WHERE TO CALL FOR HELP:  
American Lung Association  
1-800-586-4872  
American Cancer Society  
1-800-227-2345  
American Heart Association  
1-800-542-6921

HOW TO SURVIVE THE FIRST WEEK:

1. Control your physical cravings for nicotine.
2. Get rid of all signs that you ever smoked.
3. Stay active, keep busy, and change your environment.
4. Think positive! The first week is the toughest.

THE FIRST WEEK:

Use this sample of how to use Nicorette Gum during the first week:

Use 9 to 12 pieces per day.

Start active, keep busy by taking your mind off smoking.

Make sure you tell friends and family how important quitting is to you.

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Use this sample of how to use Nicorette Gum during the first week:

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**QUITTING TIPS**

How to survive the first week:

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Start active, keep busy by taking your mind off smoking.

Make sure you tell friends and family how important quitting is to you.

**WHAT TO EXPECT.**

Your body is going through a withdrawal process. During the first week, you may experience physical symptoms such as:

- Irritability
- Anxiety
- Depression
- Headaches
- Fatigue
- Increased appetite
- Insomnia
- Nausea
- Constipation
- Dry mouth
- Increased sweating
- Runny nose
- Sneezing
- Coughing
- Sore throat
- Stomach pain
- Diarrhea
- Constipation
- Dizziness
- Lightheadedness
- Blurred vision
- Increased heart rate
- Increased blood pressure
- Increased heart rate
- Increased blood pressure

These symptoms are normal and should subside within a few days. If you experience any of these symptoms, contact your doctor or pharmacist.

**HOW TO REDUCE YOUR NICORETTE GUM USAGE.**

The goal of using Nicorette Gum is to reduce your dependence on nicotine. The number of pieces you use should decrease over time. The following tips may help you to stop using Nicorette Gum when you have completed treatment:

1. Use the lowest strength Nicorette Gum available.
2. Use Nicorette Gum only when you have a craving for nicotine.
3. Use Nicorette Gum only when you are stressed or anxious.
4. Use Nicorette Gum only when you are bored or lonely.
5. Use Nicorette Gum only when you are tired or fatigued.
6. Use Nicorette Gum only when you are hungry.
7. Use Nicorette Gum only when you are thirsty.
8. Use Nicorette Gum only when you are hot or cold.
9. Use Nicorette Gum only when you are uncomfortable.
10. Use Nicorette Gum only when you are in pain.
11. Use Nicorette Gum only when you are sad or depressed.
12. Use Nicorette Gum only when you are angry or frustrated.
13. Use Nicorette Gum only when you are nervous or jittery.
14. Use Nicorette Gum only when you are shy or embarrassed.
15. Use Nicorette Gum only when you are self-conscious.
16. Use Nicorette Gum only when you are insecure.
17. Use Nicorette Gum only when you are doubtful.
18. Use Nicorette Gum only when you are uncertain.
19. Use Nicorette Gum only when you are indecisive.
20. Use Nicorette Gum only when you are hesitant.
21. Use Nicorette Gum only when you are reluctant.
22. Use Nicorette Gum only when you are unwilling.
23. Use Nicorette Gum only when you are unable.
24. Use Nicorette Gum only when you are incapable.
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34. Use Nicorette Gum only when you are excessive.
35. Use Nicorette Gum only when you are extravagant.
36. Use Nicorette Gum only when you are wasteful.
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**MyQuit**

Program brought to you by Nicorette

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 the tough moments.

To learn more visit [www.quit.com/join-myquit](http://www.quit.com/join-myquit)

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**WALLET CARD**

My most important reasons to quit smoking are:

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

180mm  
45mm

**DO NOT USE MORE THAN 24 PIECES PER DAY.**

WEEKS 1 TO 2: 1 piece every 1 hour  
WEEKS 3 TO 4: 1 piece every 2 hours  
WEEKS 5 TO 6: 1 piece every 4 hours  
WEEKS 7 TO 8: 1 piece every 8 hours  
WEEKS 9 TO 10: 1 piece every 12 hours  
WEEKS 11 TO 12: 1 piece every 24 hours

THE FOLLOWING CHART IS THE SCHEDULE FOR USING NICORETTE GUM TO HELP YOU REDUCE YOUR DEPENDENCE ON NICOTINE. THE SCHEDULE FOR USING NICORETTE GUM TO HELP YOU REDUCE YOUR DEPENDENCE ON NICOTINE IS AS FOLLOWS:

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FRONT VIEW

BACK VIEW

HOW TO USE NICORETTE GUM TO HELP YOU QUIT SMOKING.

KEYS TO SUCCESS.

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SO YOU DECIDED TO QUIT.

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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 plan 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 the information you need to know so you will answer common questions about Nicorette Gum and give tips to help you stop smoking, and should be referred to often.

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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 learn 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
- a 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 ulcers 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.

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

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

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 a 4 mg nicotine gum. If you smoke your first cigarette more than 30 minutes after waking up, use a 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 study your feelings for nicotine. For the next 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 finish reducing 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 "DISCONTINUE" reminder on your calendar.

PLAN AHEAD.

Because smoking is an addiction, it isn't 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 when you feel a craving for cigarettes. In the event that you do, 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 licorice 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 spare rewards. Like a new magazine or a gift certificate for a favorite store, which you'll give yourself only after passing difficult hours.  
Think about the times when you most often want a cigarette, and then plan what day you might go instead of smoking for a while. 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 works by providing 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 system 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 smoking. Nicorette Gum 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 use Nicorette Gum, make sure you understand the product's instructions. But if you're 18 or older, Nicorette Gum isn't an ordinary chewing gum. It's a medicine, and must be used a certain way to work right. Chewing the ordinary gum, Nicorette Gum won't work well and can cause side effects.

Program brought to you by 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 the toughest moments.

To learn more visit [www.quit.com/join-myquit](http://www.quit.com/join-myquit)

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

MyQuit program

Nicorette  
nicotine polacrilex gum  
Gum

1. How will I feel when I start smoking and start using Nicorette Gum?  
2. How will I feel when I stop smoking and start using Nicorette Gum?  
3. Can't be hurt by using Nicorette Gum?  
4. What are the benefits of using Nicorette Gum?  
5. Nicorette Gum is more effective than smoking?  
6. How long will it take to quit smoking?  
7. How long will it take to quit smoking?  
8. How long will it take to quit smoking?  
9. How long will it take to quit smoking?  
10. How long will it take to quit smoking?

180mm  
45mm

FRONT VIEW

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

BACK VIEW

180mm  
45mm

WALLET CARD

My most important reasons to quit smoking are:

1. I don't want to smoke anymore.  
2. I don't want to pay for cigarettes.  
3. I don't want to be sick.  
4. I don't want to be a burden on my family.  
5. I don't want to be a burden on my friends.  
6. I don't want to be a burden on my coworkers.  
7. I don't want to be a burden on my neighbors.  
8. I don't want to be a burden on my community.  
9. I don't want to be a burden on my country.  
10. I don't want to be a burden on my world.

WALLET CARD

WHERE TO CALL FOR HELP:  
American Lung Association  
1-800-586-4872  
American Cancer Society  
1-800-227-2345  
American Heart Association  
1-800-242-8921

1. Control your physical craving for nicotine.  
2. Get rid of old signs that you ever smoked.  
3. Stay active. Keep busy with other activities.  
4. Think positive. The first few weeks will be the toughest. Remember your first quit attempt. You can do it!

QUITTING TIPS

1. Make sure you tell friends and family about your decision to quit.  
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WHAT TO EXPECT

1. You will feel better when you quit smoking.  
2. You will feel better when you quit smoking.  
3. You will feel better when you quit smoking.  
4. You will feel better when you quit smoking.

HOW TO SURVIVE THE FIRST WEEK

1. You will feel better when you quit smoking.  
2. You will feel better when you quit smoking.  
3. You will feel better when you quit smoking.  
4. You will feel better when you quit smoking.

DO NOT USE MORE THAN 2 PIECES PER DAY.

Weeks 1 to 2: 9 to 12 pieces every day  
Weeks 3 to 4: 7 to 9 pieces every day  
Weeks 5 to 6: 5 to 7 pieces every day  
Weeks 7 to 8: 3 to 5 pieces every day  
Weeks 9 to 10: 1 to 3 pieces every day  
Weeks 11 to 12: 1 piece every day

QUESTIONS & ANSWERS

1. How will I feel when I start smoking and start using Nicorette Gum?  
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3. Can't be hurt by using Nicorette Gum?  
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10. How long will it take to quit smoking?

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**This is a representation of an electronic record that was signed electronically. Following this are manifestations of any and all electronic signatures for this electronic record.**  
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/s/  
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