

Nicotine Gum

NONPRESCRIPTION MEDICINE

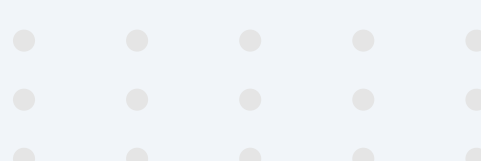


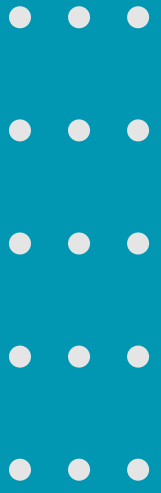
Nicotine gum is convenient, flexible, and provides faster nicotine delivery than the patch.





TIPS

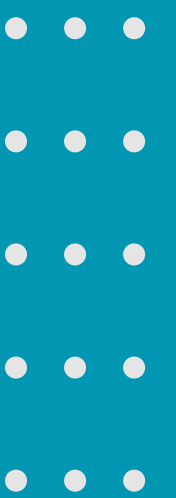
- Consult a quit coach or medical professional to learn what dosage is right for you.
 - Wait 15 minutes after eating or drinking (especially acidic drinks like soda or coffee) before using gum.
 - Do not use more than 20 pieces of gum in one day.
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HOW TO USE: “CHEW & PARK”

Chew gum when you feel the urge to smoke. Chew slowly until a slight, tingling sensation is felt or there is a peppery taste.

~10 CHEWS





WAIT FOR TINGLE

Then “park” chewed gum between your cheek and gums. When the tingle is gone, begin chewing again until the tingle returns.





REPEAT

Repeat this process until most of the tingle is gone.

20-30 MIN





For best results, use nicotine replacement therapy as part of a program that includes coaching support.

Get free quit coaching and nicotine replacement therapy at 1-800-QUIT-NOW.

Nicotine Patch

NONPRESCRIPTION MEDICINE

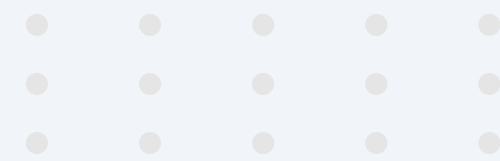


The patch is easy to use and has few side effects.

You put one nicotine patch on your skin in the morning and leave it in place all day. It releases nicotine throughout the day which is absorbed through your skin.



TIPS



- Consult a quit coach or medical professional to determine what dosage is right for you.
- You can combine the patch with nicotine gum or lozenges to help manage cravings, if you continue to have withdrawal symptoms.
- If you experience difficulty sleeping while wearing the patch, you can remove it at night.



APPLY DAILY

Apply one new patch every 24 hours on skin that is dry, clean and hairless. Remove backing from patch and immediately press onto skin, then hold for 10 seconds.



DISPOSE CAREFULLY

Dispose of used patch by folding ends together.

Used patches can be harmful to animals, children and others. Fold the patch in half to reduce the risk of nicotine exposure to others.



APPLY TO A DIFFERENT SITE

Patch should be removed every 24 hours. Apply a new patch to a different part of the body between the neck and waist at approximately the same time every day.



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Nicotine Lozenge

NONPRESCRIPTION MEDICINE

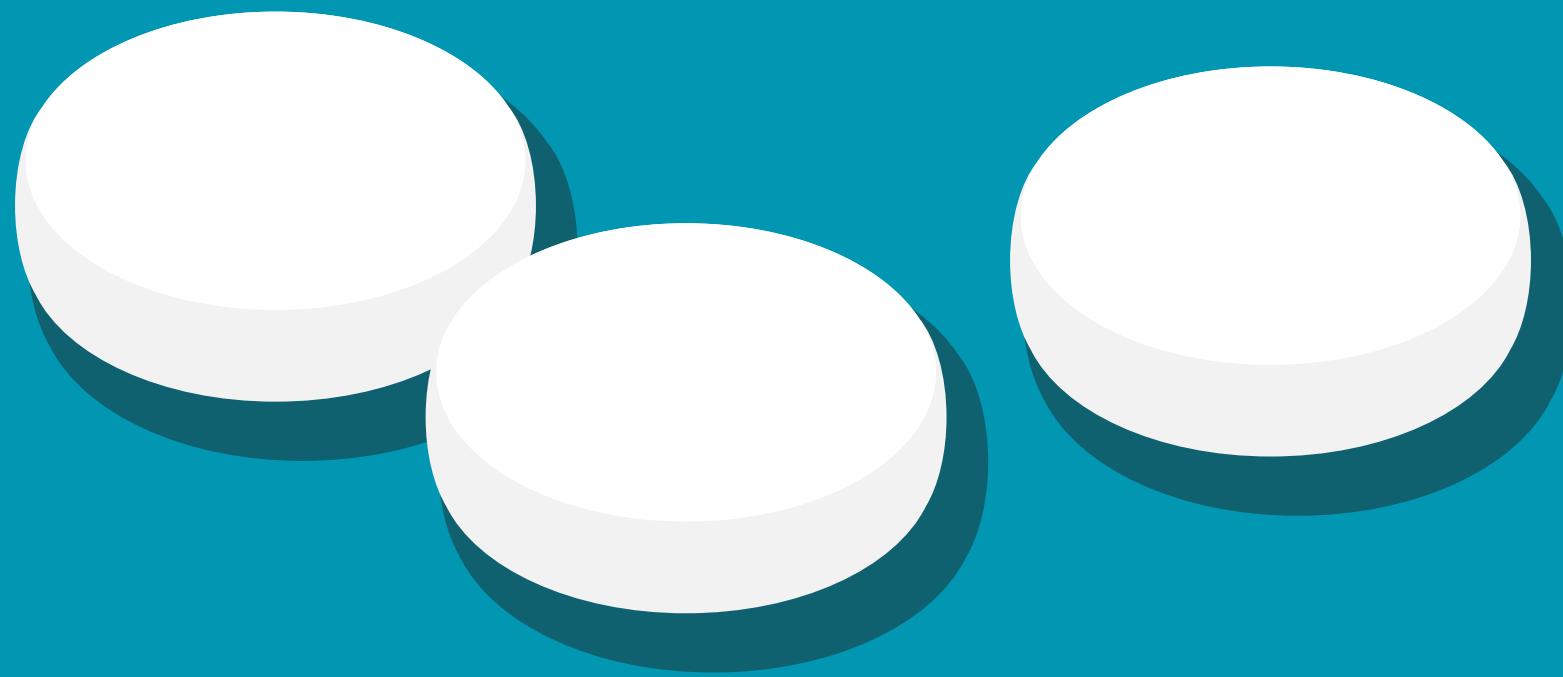
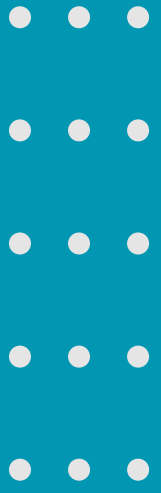
Nicotine lozenges are convenient, flexible, and provide faster nicotine delivery than the patch.





TIPS

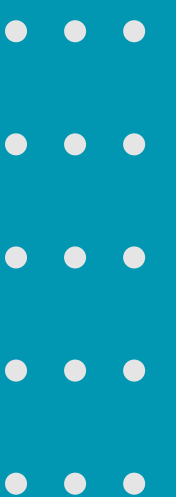
- Consult a quit coach or medical professional to learn what dosage is right for you.
- Avoid eating or drinking while using lozenges. Speak to your dentist if you experience any dental issues.
- Wait 15 minutes after having any acidic drinks, like soda or coffee, before using.



PLACE IN MOUTH

Place a lozenge in your mouth and allow it to dissolve slowly.

Don't chew or swallow it—
you won't absorb the correct
dose of medication.





WAIT FOR TINGLE

You may feel a warm or tingling sensation as nicotine is released and makes contact with your mouth tissues. That's the medicine going to work.



ROTATE IN MOUTH

Rotate the lozenge occasionally from one side of your mouth to the other side. It takes about 20-30 minutes for the lozenge to dissolve completely. Do not chew or swallow the lozenge.





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You Can Quit. We Can Help.

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GUM



LOZENGES



PATCH