

# CHOOSE YOUR RIGHT FORMAT



**GUM ACTS FAST TO FIGHT ACTIVE CRAVINGS**      **PATCH ALL DAY CRAVINGS CONTROL**



## GUM ACTS FAST TO FIGHT ACTIVE CRAVINGS



**HEAVY SMOKER**  
≥ 20 CIGARETTES/DAY

**4mg**  
nicotine



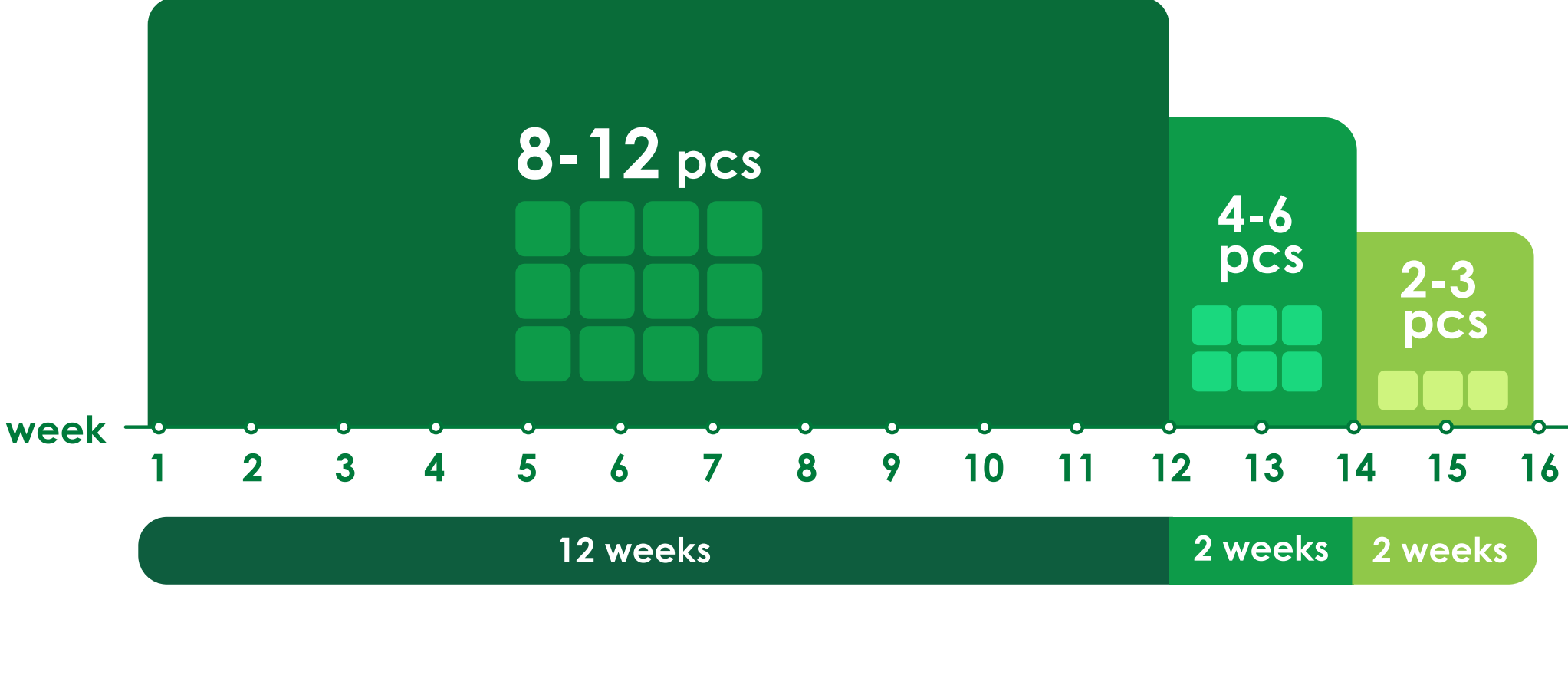
**LIGHT SMOKER**  
< 20 CIGARETTES/DAY

**2mg**  
nicotine

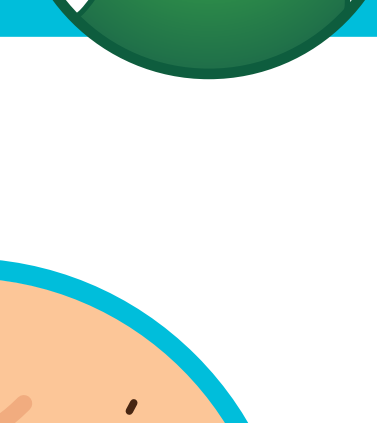


## HOW TO USE GUM

Number of gum/day ( pcs )



Use Nicorette® Icy Mint Gum for at least 3 months, 8 to 12 chewing gums/day before tapering down



## TIPS ON CHEWING



**Chew**

Chew the nicorette gum slowly until minty taste becomes strong after about 10 chews



**Rest**

Rest the nicorette gum between your gum & cheek



**Chew**

Start chewing again when taste has faded

When the chewing gum has lost its strength (usually after 30 mins), dispose of it carefully



## PATCH ALL DAY CRAVINGS CONTROL



**HEAVY SMOKER**  
≥ 15 CIGARETTES/DAY

**25mg**  
nicotine



**LIGHT SMOKER**  
< 15 CIGARETTES/DAY

**15mg**  
nicotine



**FINAL STEP TO QUITTING**

**10mg**  
nicotine



## HOW TO USE PATCH

< 15 CIGARETTES/DAY



≥ 15 CIGARETTES/DAY



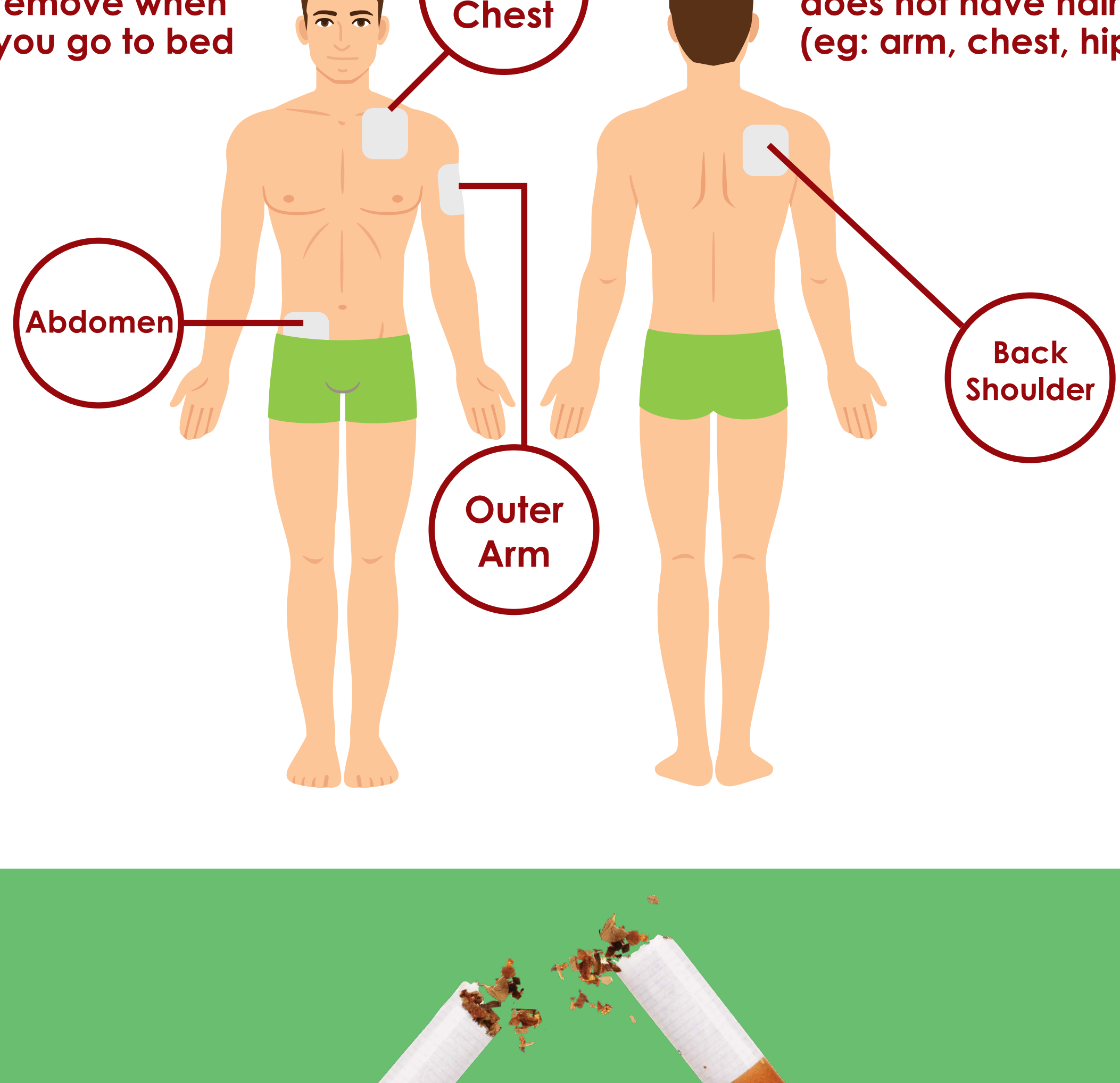
Start with higher strength of Nicorette® Invisi Transdermal Patch for 2 months before tapering down



## TIPS ON APPLICATION

Apply when you wake up & remove when you go to bed

Apply to a clean, dry area of skin that does not have hair (eg: arm, chest, hip)



## Notice To First Time Users

### Nicorette Patch

- Do not use more than one patch at a time.
- Avoid placing the patch on any red, injured or irritated skin surface, do not use the same area for two days in a row to prevent skin irritation.
- An estimated 20% of users experience a mild skin allergy to the patch site in the first week.\*(PI)

### Nicorette Gum

- Irritation in the mouth and throat may be experienced, however most users adapt to continued use.\*(PI)

For more information, please consult your doctor or pharmacist