

CHOOSE THE PRODUCT THAT'S RIGHT FOR YOU AND LEARN HOW TO USE IT



NICODERM_{CQ} PATCH

Helps prevent the urge to smoke all day long.
Features Extended Release SmartControl[®] Technology, that starts to deliver nicotine fast and continues steadily throughout the day.



NICORETTE[®] GUM

Patented dual-coated technology. Great taste. Intense craving relief.*
An effective and easily portable solution for craving relief in social situations.



DOSING INFORMATION AND HOW TO USE

STEP 1

One 21-mg patch/day

STEP 2

One 14-mg patch/day

STEP 3

One 7-mg patch/day

If you smoke more than 10 cigarettes per day...

STEP 1

6 weeks

STEP 2

2 weeks

STEP 3

2 weeks

Stop Treatment

If you smoke 10 or fewer cigarettes per day...

STEP 1

Skip

STEP 2

6 weeks

STEP 3

2 weeks

Stop Treatment

To improve your chances of quitting, complete the full treatment program. Apply a new patch every day. Behavioral support increases chances of success. Read and follow label directions.

DOSING INFORMATION AND HOW TO USE

WEEKS 1-6

1 piece every 1-2 hours

WEEKS 7-9

1 piece every 2-4 hours

WEEKS 10-12

1 piece every 4-8 hours

If you smoke within 30 minutes of waking up...

4-mg gum

If you smoke more than 30 minutes after waking up...

2-mg gum

To improve your chances of success, chew at least 9 pieces of gum for the first 6 weeks and complete the 12-week program. Do not use more than 24 pieces of gum per day. While using Nicorette[®] Gum, be sure to follow the "chew and park" instructions included on the label. It is important to complete treatment. If you feel the need to use the gum for a longer period to keep from smoking, talk to your health care provider.

*Craving relief associated with quitting smoking.

Behavioral support increases chances of success. Read and follow label directions.