# Do something amazing

**#1** Brand Physician & Pharmacists Recommend to Quit Smoking*

**5x more likely to quit**
Nicotine replacement therapy + behavioural support vs. willpower alone[1]

## NICODERM® Patch

No latex products — LATEX

No Animal By-Product

1. Occlusive backing
2. Nicotine reservoir
3. SmartDose® rate-controlling membrane
4. Nicotine adhesive layer

**Step 1:** Choose an area of skin above the waist to apply patch. To ensure that the patch will stick well, choose an area of skin that is non-hairy, clean, dry and free of cream, oil or powders.

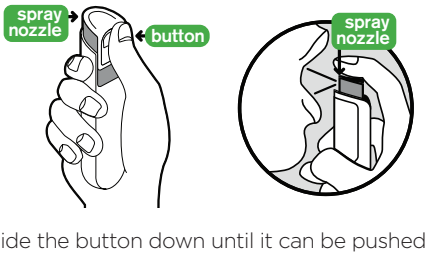
**Step 2:** Apply the sticky side of the patch to your skin and firmly press it on with the palm of your hand. Continue pressing firmly for 10-20 seconds. Please wash your hands with water, but not soap, in order to rinse away any nicotine from your fingers.

**Step 3:** Patch should be worn for 24 hours and then removed and discarded.

## NICORETTE® QuickMist®

Sucrose Free

No Animal By-Product




**Step 1:** Slide the button down until it can be pushed lightly inwards.

**Step 2:** While pushing in, slide upwards and continue until the top of the dispenser locks into place.

**Step 3:** Before using for the first time, prime the pump by pressing the top firmly into a tissue until a fine mist appears. If your spray isn't used for more than a couple of days, you may need to repeat this step.

**Step 4:** Point the spray nozzle towards your open mouth and press the top of the nozzle to release one spray. Allow spray to absorb and avoid swallowing for a few seconds. For best results hold the device as close to your mouth as possible avoiding the lips. To avoid spray going down your throat, do not inhale while spraying.

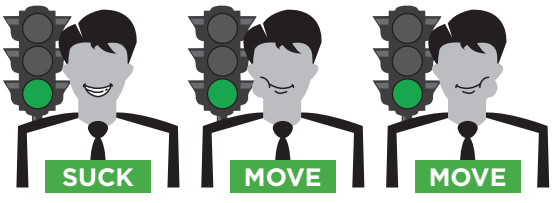
**Step 5:** To close your dispenser, push lightly inwards, slide the button down to lock, then release.

**Caution:** Do not drink acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior to using the spray to maximize effectiveness.

# NICORETTE® Lozenge

Sucrose Free

No Animal By-Product




**Step 1:** Place 1 lozenge in the mouth and slowly suck it until strong taste is noticed, then park between cheek and gum.

**Step 2:** Wait 1 minute until taste has faded and repeat sucking until a strong taste is noticed again.

**Step 3:** Repeat steps 1 and 2 until lozenge is dissolved. Do not chew the lozenge.

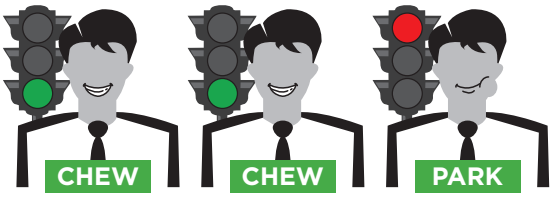
**Step 4:** Repeat steps 1-3 whenever you have a craving.

Lozenge will dissolve in approximately 10 minutes

# NICORETTE® Gum

Sucrose Free

No Animal By-Product




**Step 1:** Place 1 piece of gum into the mouth.

**Step 2:** Chew once or twice.

**Step 3:** Park the gum between your gums and cheek.

**Step 4:** Hold gum in position for 1 minute or until taste fades.

**Step 5:** Repeat for 30 minutes then discard.

**Step 6:** Repeat steps 1-5 whenever you have a craving

**Caution:** Do not drink acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) 15 minutes prior to using the gum or during use to maximize effectiveness.

# NICORETTE® Inhaler

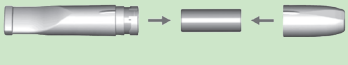
Sucrose Free

No Animal By-Product

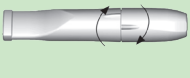
## NICORETTE® Inhaler Setup

1. Remove mouthpiece from the plastic wrap. Align marks and separate the two parts of the mouthpiece.

2. Take out the cartridge tray. Peel back the foil and take out one cartridge. Press the cartridge firmly into the bottom of the mouthpiece until the seal breaks.



3. Replace the top of the mouthpiece. Align the marks to close. Press down firmly to break the top foil end of the cartridge. Twist to align marks and secure.



## NICORETTE® Inhaler Use

Hold the mouthpiece between your fingers and place the tapered end into your mouth and inhale or puff as you would a cigarette. Hold the puff in your mouth. As you inhale or puff through the mouthpiece, the nicotine turns into vapour and is absorbed through the lining of your mouth and throat and not in your lungs.

Puffing on the inhaler for 5 minutes will give you enough nicotine for 4 uses.

Puffing on the inhaler for 10 minutes will give you enough nicotine for 2 uses.

After 20 minutes of frequent continuous puffing, nicotine in the cartridge will be used up.

Once a nicotine cartridge is punctured, it will dry out after 48 hours even if it has not been used.

*2020 IQVIA ProVoice data


[1]Cahill L, et al. Pharmacological interventions for smoking cessation: an overview and network meta-analysis. Cochrane Database Syst Rev. 2013;(5). 2. Sutherland G. Smoking: Can We Really Make a Difference? Heart 2003;89:ii25-7.


For more information on dosing and FAQs, visit: www.nicorette.ca or call 1.866.311.5655


PSNRT24-06EN