



## Nicorette Gum

### Uses

Relieves nicotine withdrawal symptoms as an aid to smoking cessation. Helps smokers ready to stop smoking immediately and those cutting down their cigarette usage before stopping. In general, for those smoking 20 or fewer cigarettes a day, the 2mg nicotine gum is indicated. For those smoking more than 20 cigarettes a day, the 4mg gum will be required. Suitable for use during pregnancy and breastfeeding.

### Dosage

12 years and over: Use whenever the urge to smoke is felt or to prevent cravings, following the "chew and rest" technique described on the pack. Maximum dose: 15 pieces of gum per day. Smoking cessation: Replace all cigarettes with the gum and reduce the amount of gum used until stopped completely. Cutting down prior to quitting: Use the gum as needed between smoking episodes to prolong smoke-free intervals, reducing smoking as much as possible before quitting completely. Those who have quit smoking but are having difficulty discontinuing the gum should speak to a pharmacist or doctor for advice.

### Format and Ingredients

Chewing gum containing:  
Nicotine 2mg, Nicotine 4mg,

**Legal Status:** (GSL), (GSL),  
(GSL), (GSL), (GSL), (GSL),  
(GSL)

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