

Quit Smoking On **Your** Terms

nico
BLOC®



For Tar and Nicotine Reduction

- A Better Way to Quit Smoking
- Blocks Up to 99% of Tar & Nicotine
- Quit Gradually



Apply
Directly to
Cigarette
Filter

How To Use NicoBloc

NicoBloc is a unique and innovative approach that helps you to stop smoking, at your own pace.

NicoBloc is the result of more than ten years' research and development.

NicoBloc fluid is made from 100% approved food-grade ingredients, and does not contain nicotine or any other drug.

One drop of NicoBloc fluid will block the intake of over 33% of tar and nicotine without significantly changing the taste or smoking experience.

Three drops blocks up to 99%. One bottle should last a typical 20-a-day smoker about two weeks.

Caution: Use as directed. Not to be taken internally but if swallowed no harm should ensue as NicoBloc is made from food-grade ingredients. If spilled, wipe with damp cloth. Keep out of reach of children.

This booklet contains all the information you need to use NicoBloc.

Each NicoBloc pack contains the following:

This instruction booklet (please read prior to using NicoBloc)

1 Bottle of NicoBloc fluid

1 Progress Chart

How to apply NicoBloc fluid to cigarette filter tip

Open the cap on the bottle.

Make deep indentation in the filter of your cigarette with the bottle nozzle (step1).

Gently squeeze 1 drop of NicoBloc into the indentation (step 2.)

Use the nozzle to spread the fluid to cover the whole surface of the end of the filter.

Squeeze the filter a few times to help it absorb fluid.

When applying 2 drops in week 2, or 3 drops in week 3, repeat steps 2-5, allowing the fluid to fully soak in to the filter, between applying drops.

The absorption process can be helped by sealing your lips around the filter and blowing the fluid further in with a quick forceful puff.

Light the cigarette. Take a hard first draw, and then smoke as usual.



How much to use

Week 1: Use 1 drop of NicoBloc on each cigarette smoked.

Week 2: Use 2 drops of NicoBloc on each cigarette smoked.

Week 3 and onwards: Use 3 drops of NicoBloc on each cigarette smoked.

NicoBloc fluid must be used immediately before smoking each cigarette, i.e. you cannot treat an entire cigarette pack hours before you want to smoke.

NicoBloc works by gradually getting you used to lower levels of nicotine without causing any additional craving for more cigarettes. However, to benefit from this product, it is essential to use NicoBloc on all cigarettes smoked, otherwise your nicotine levels will increase again.

NicoBloc causes harmful tar from the cigarette to collect in the filter. This tar, which usually goes straight into your lungs as a vapor, has an unpleasant taste and can even cause a burning sensation on the tongue. If you experience this, blowing the fluid further into the filter as mentioned above will help keep the tar away from your lips.

Using NicoBloc

Research with over 680 smokers in a two-year study has established the following reduction method as a successful method for most smokers.

It is recommended that you do not go at a faster pace, as your body will need time to adjust to the lower levels of nicotine to avoid withdrawal symptoms. A daily record chart at the back of this instruction guide is provided for your convenience to keep track of your progress.

Gradually reduce the number of cigarettes smoked each day so that by the end of each week you have reduced your consumption to the following suggested amounts:

Cigarettes per day before starting NicoBloc	10	15	20	30	40	50
End of Week	Target of daily cigarette consumption to aim for by end of week					
1	8	12	16	24	32	40
2	6	9	12	18	24	30
3	4	6	8	12	16	20
4	2	3	4	6	8	10
5	1	2	2	3	4	5
6	0	0	0	0	0	0

Many smokers find that it's comfortable to stop smoking completely after week 6. However, some smokers will find that it takes them longer than this suggested plan - NicoBloc allows you to stop smoking at your own pace.

Your Personal Record

The chart is provided to enable you to record your daily smoking consumption and to write in the target number that you want to aim for, by the end of the week.

Use the chart as follows:

Record the Start Date and the Target Quit Date. Using the recommendations in this booklet, mark each cigarette smoked on each day of your program, gradually reducing the count day by day.

You can also mark the last cigarette ahead of time; for example, if starting with 20 cigarettes per day, mark the 20th box on Day 1, the 19th box on day 2, etc., then work toward that daily goal.

For additional suggestions, information and support materials, please visit us online:
www.nicoblocusa.com

Food Grade Ingredients: Corn Syrup, Water, Citric Acid, coloring and preservative.

Apply NicoBloc to cigarette filter. Not suitable for internal use.

Contents: Each pack contains approx 2 weeks supply of NicoBloc fluid for a 20-day smoker.

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