Cipla

nicotex®
NICOTINE GUM

HELPS QUIT SMOKING IN 12 WEEKS*

IMPORTANT INSTRUCTIONS

How to chew Nicotex Gum

The method of chewing the gum is NOT the same as that of an ordinary chewing gum. Use the following steps to ensure maximum benefit from the gum.

STEP 1	STEP 2	STEP 3
Chew it slowly till you get the taste of Nicotine	Place and Rest between your cheek and gums	When the taste fades, repeat STEP 1

1. What is Nicotex?
Nicotex is a gum containing nicotine that helps people who smoke or chew tobacco and gutka quit the habit.
It works on the proven principle of "Nicotine Replacement Therapy (NRT)".

Nicotex does not contain tar and other harmful chemicals which are present in cigarettes, tobacco and gutka.

2. What is Nicotine?
Nicotine is a chemical present in tobacco leaves. When you smoke or chew tobacco, nicotine enters the blood and goes to the brain. It activates the part of your brain which produces a feeling of pleasure and happiness. After sometime, as the nicotine levels drop, the feel-good effect reduces, and your body starts craving for the next cigarette or tobacco. Thus, you get addicted to smoking cigarettes or chewing tobacco.

3. How does Nicotex work?
Each piece of Nicotex provides the nicotine that you normally get from cigarettes or chewing tobacco.The level of nicotine is lower than that in cigarettes or chewing tobacco. Nicotex allows your body to gradually adjust to having less nicotine until you no longer need any and thus, helps you quit smoking or chewing tobacco.

4. What is the indication for the use of Nicotex?
To reduce withdrawal symptoms including nicotine craving associated with quitting smoking/chewing tobacco and gutka containing tobacco.

5. Which is the right strength for you?
Nicotex is available in two strengths, 2 mg and 4 mg.
2 mg is appropriate for those who smoke 20 cigarettes a day or less[1].
4 mg is appropriate for those who smoke more than 20 cigarettes a day[1].

6. What is the dosage and administration?
4 mg: As advised by the doctor.
2 mg: Consume a gum whenever you get an urge to smoke. Over a 12 week period, Nicotex allows your body to gradually adjust to have less nicotine.

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Below dosage schedule is recommended:

Weeks 1 – 6	Take 1 gum every 1-2 hours
Weeks 7 – 9	Take 1 gum every 2-4 hours
Weeks 10 – 12	Take 1 gum every 4-8 hours

Do not exceed more than 24 gums per day.
Reduce 1 gum per week.
Recommended therapy is for 12 weeks.

Note
Do not eat or drink or use removable dentures with the gum in the mouth. Avoid having any drinks for 15 minutes before the gum is used. The side effects which might be seen with Nicotex will be the same as nicotine given by any other route. The side effects are usually dose dependent and may not be experienced by all. Common side effects such as headache, nausea, hiccups, stomach discomfort, sore mouth or throat, jaw muscle ache and sleep disturbance may be seen particularly during the first few weeks.

Consult the Doctor
- If you are taking any other medicines especially, those containing Theophylline, Tacrine, Clozapine, Ropinirole or non-nicotine drugs to stop smoking. If you have had previous reactions to gums or other nicotine containing products. If you experience anything that is unusual after the use of Nicotex.
- If you have other medical conditions like uncontrolled high blood pressure, stroke, stomach ulcer, kidney or liver disease, heart or circulation problems, diabetes, allergic reactions, severe sore throat, inflammation of mouth, overactive thyroid, irritable bowel syndrome or adrenal gland cancer
- If you are pregnant or breast feeding, on sodium restricted diet, or need to use the gum for more than 12 weeks

Nicotex Overdose
If you have used more gums than recommended or in case a child has chewed or swallowed some, then contact a doctor immediately. The general symptoms of nicotine overdose include headache, sickness, diarrhoea and stomach pain.

Do not use Nicotex gum:
- If you are below 18 years of age
- If you are a non-user of tobacco

Storage
STORE IN A COOL, DRY PLACE. PROTECT FROM DIRECT HEAT AND SUNLIGHT.
Keep out of reach of children.
Don't use after expiry date mentioned on the box.

cipla.health@cipla.com www.nicotex.in Call 1800 120 143143

No.1 Doctor Recommended Brand in India*

** In "NRT" category, IMS Feb'21 MAT.*
 # J Behav Med. 1982; 5(3):343-51 (for 2mg); Arch Intern Med. 1989; 149:1818-21 (for 4mg)
[1]http://www.mayo.edu/research/documents/medication-handout-2015-02-pdf/doc-20140182
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PACKAGING DEVELOPMENT

Product Name: Nicotex Tin leaflet	**Material No.:** 21090126	**Version:** 01	**Item:** Leaflet	**Co-ordinator:** Sibanti	**Artist:** Chetan	**Date:** 14/07/2021

Colours: BLUE WOOL TEST VALUE 5-8 (LIGHT FASTENING DATA) — Pantone 363 U; Pantone 2945 U; Black

INK: Oil based Ink from DIC OR MICRO

Design: Folded | **Reference:** 21085315 | **Software:** Illustrator CC

Fonts: ----- | **Links:** NA

Actual Size: 70 x 200 mm | **Size after folding:** 70 x 17 mm | **Pharmacode/2D Code:** | **Grain Direction :** Parallel to length | **Screen :** # __

Material: 60 GSM Maplitho Paper | **Varnish:** | **Artwork Print Size:** ☐ actual ☐ scaled

Path: D:\Nicotex Leaflet Tin Container\21090126 Nicotex Leaflet Tin Container Common.ai

- **Instructions / Remark:** ---
- Any deviation must be brought to the notice of packaging development co-ordinator immediately.
- For any clarification, please contact packaging development co-ordinator immediately.
  NO CHANGES IN ARTWORK SHOULD BE DONE BY THE PRINTER
- The printer should verify the e-proof against the approved artwork before submitting for approval and the e-proof should have printer details .

Checked by	Artist	Cordinator	file loaded in Server	Section Head
Pharma Code	☐	☐		
2D Code	☐	☐		
QR Code	☐	☐		
Bar Code	☐	☐		
Artwork	☐	☐		
Spell check	☐	☐		