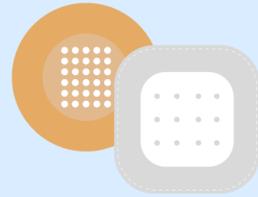


OPTIONS AT A GLANCE NICOTINE REPLACEMENT THERAPY (NRT)

*This is only to be used as a quick guide. Please check PIL for further guidance.



PATCHES

How to use:

To be used on a hairless area of skin and replaced daily. Not to be used on the same area on two consecutive days. Avoid irritated skin and do not apply oil or talcum powder before putting on the patch.

Dosage:

24hr/16hr patches available.
25mg/15mg/10mg or 21mg/14mg/7mg patches available.
Slight variation according to brand.

Advantages:

Provides a steady dose of nicotine throughout the day.
Easy to use.



LOZENGES

How to use:

Place it in your mouth and allow it to slowly dissolve. Do not chew, crush, or swallow lozenges. Once in a while, use your tongue to move the lozenge from one side of your mouth to the other. It should take 20 to 30 minutes to dissolve.

Dosage:

Available in 1.5mg/2mg/4mg.
20 or more cigarettes a day: Higher lozenge.
Under 20 cigarettes a day: Lower lozenge

Advantages:

Easy to regulate dose. Helpful with cravings and urges. Discreet to use.



GUM

How to use:

Use the "chew and park" method. Chew gum slowly until tasting nicotine or feeling a tingling sensation in mouth, then stop chewing and park gum between cheek and gums. After about a minute, when tingling is almost gone, start chewing.

Dosage:

Available in 2mg/4mg. Max: 15 pieces a day.
20 or more cigarettes a day: 4mg
Under 20 cigarettes a day: 2mg

Advantages:

Easy to regulate dose. Could help prevent overeating due to chewing action. Helpful with cravings and urges.



INHALATOR

How to use:

Take a puff through mouthpiece. Shallow puffing and deep inhalations are equally effective. Works best when warm. Number of puffs taken is up to user, as is the length of each puff. Nicotine from cartridge is absorbed through mouth.

Dosage:

Each Inhalator cartridge will provides 40 minutes of intense use. Number of cartridges used each day will depend on how much smoked. Max: 6 cartridges per day.

Advantages:

Provides hand to mouth action. Helps to keep hands/mouth busy. Could help to prevent overeating.



MOUTH SPRAY

How to use:

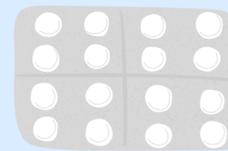
Bring the mouth spray close and aim it either into the side of your mouth or under the tongue. Press down (hard) on the nozzle. Do not swallow for a few seconds after spraying for best results. Ensure flow of mist occurs when administered.

Dosage:

Use as required when urge to smoke occurs or to prevent a craving.
1 or 2 sprays every 30mins -1hr as needed.
Max 2 sprays per half hour. Max 4 sprays per hour.

Advantages:

Fast acting. Helpful with cravings and urges.



MICROTAB

How to use:

Do not chew or swallow tablets. Place 1 to 2 tablets (as required) under the tongue and allow to dissolve. Can be repeated hourly. To be used when required to manage cravings, however maximum dose must not be exceeded.

Dosage:

Available in 2mg/100 pieces in a box. Max: 40 tablets a day.
20 or more cigarettes a day: 2 Microtabs to be taken hourly.
Under 20 cigarettes a day: 1 Microtab to be taken hourly.

Advantages:

Easy to regulate dose. Helpful with cravings and urges. Small, therefore very discreet.



NASAL SPRAY

How to use:

Remove the protective cap and prime nasal spray by placing the nozzle between first and second finger with the thumb on the bottom of the bottle. Press several times firmly and quickly until a fine spray appears (up to 7-8 strokes). Important: Point the spray safely away when priming it (not to be primed around children/pets). Insert spray tip into one nostril, point the top towards the back of the nose press firmly and quickly.

Dosage:

Do not spray in each nostril more than twice in one hour.
Do not use more than 64 sprays per day - this is equivalent to 2 sprays in each nostril every hour for 16 hours.

Advantages:

Fast acting. Helpful with cravings and urges.