

## Warnings

Do not use if:

- You have temporomandibular joint disorder (TMJ disorder)
- You are pregnant or nursing a child. Avoid becoming pregnant while using nicotine gum. If you think you are pregnant, stop using nicotine gum at once and see your doctor.
- You are an occasional smoker
- You are under the age of 18.

**Consult your doctor before using this product**, if you have or have had heart, thyroid, circulation, stomach or throat or mouth problems, high blood pressure, or if you are taking insulin or any prescription medicine.

Consult your doctor if you are finding it difficult to reduce your intake of nicotine gums or after using the product for **six (6) months**.

If irregular heartbeat, chest pain or leg pain occurs or if severe persistent stomach upset (indigestion, heartburn) develops, **discontinue using nicotine gum and consult your doctor immediately**.

**Do not smoke, use nicotine patches or any other form of nicotine while using nicotine gum.**

As Nicotine Polacrilex Gum USP is a chewing gum product, chewing can cause dental fillings to loosen and may aggravate other mouth, tooth or jaw problems. Consult your dentist if any of these occur.

**In case of overdose** or if a child chews or swallows one or more pieces of nicotine gum, contact your doctor or local poison control centre at once. Young children are especially sensitive to the effects of even small doses of nicotine.

Symptoms of an overdose include nausea, abdominal pain, vomiting, diarrhea, cold sweat, dizziness, disturbed vision, mental confusing, rapid heartbeat, difficulty breathing and marked weakness.

**Side Effects:**

Side effects which may be a sign of improper chewing such as light-headedness, nausea or hiccups/burping – chew slowly and park the gum after a couple of chews. Nicotine gum is designed to release nicotine only when chewed. No harmful effects should occur if you accidentally swallow a piece.

Avoid drinking acidic beverages (coffee, tea, soft drinks, alcohol, citric juices) while chewing the gum as they may interfere with the effectiveness of the gum. Do not chew more than one piece of gum at a time.

Storage: Store Nicotine Polacrilex Gum in its original packaging under normal storage conditions away from direct light. Keep out of the reach of children and pets.