

Nicorette Gum

Uses

Relieves nicotine withdrawal symptoms as an aid to smoking and vaping cessation. Helps smokers and vapers ready to stop smoking/vaping immediately and those cutting down their cigarette/e-cigarette usage before stopping. In general, for those smoking 20 or fewer cigarettes a day or light to moderate smokers (vape infrequently or use low-strength e-liquid), the 2mg nicotine gum is indicated. For those smoking more than 20 cigarettes a day or heavy vapers (vape frequently or use high strength e-liquid), the 4mg gum will be required. Can be used in pregnancy and lactation when making a quit attempt.

Dosage

12 years and over: use whenever the urge to smoke or vape 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 and vaping cessation: replace all cigarettes/e-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 and vaping episodes to prolong smoke/vape-free intervals, reducing smoking and vaping as much as possible before quitting completely. Those who have quit smoking or vaping but are having difficulty discontinuing the gum should speak to a pharmacist or doctor for advice.

Format and Ingredients

Chewing gum containing:
Nicotine 2 or 4mg,

Original/Freshmint 4mg: 210

RRP: £7.82, £19.39, £31.52, £23.72, £39.00

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

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