



Nicotine Gums can help Quit SMOKING, TOBACCO & GUTKA CHEWING

Essentials of using nicotine gums

Selection of Right Strength



Nicotine gum is usually available in two strengths¹

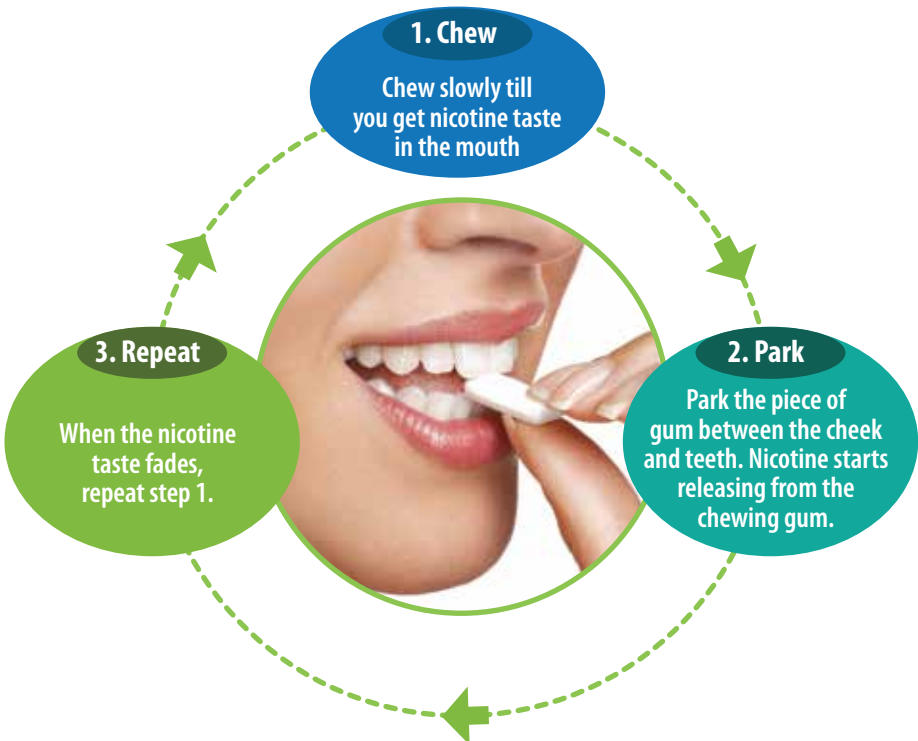
2mg

For smokers who smoke **less than 20** cigarettes a day

4mg

For smokers who smoke **more than 20** cigarettes a day

Easy Steps to Use Nicotine Gum¹



Continue the cycle till all nicotine taste is lost.
You may repeat these easy steps for a single piece of gum for upto 30 minutes.

Recommended Dosage Schedule¹

Week 1	(12 gums/day)	■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■	
Week 2	(11 gums/day)	■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■	
Week 3	(10 gums/day)	■ ■ ■ ■ ■ ■ ■ ■ ■ ■	
Week 4	(9 gums/day)	■ ■ ■ ■ ■ ■ ■ ■ ■	
Week 5	(8 gums/day)	■ ■ ■ ■ ■ ■ ■ ■	1 GUM / 1-2 HOURS
Week 6	(7 gums/day)	■ ■ ■ ■ ■ ■ ■	
Week 7	(6 gums/day)	■ ■ ■ ■ ■ ■	
Week 8	(5 gums/day)	■ ■ ■ ■ ■	1 GUM / 2-4 HOURS
Week 9	(4 gums/day)	■ ■ ■ ■	
Week 10	(3 gums/day)	■ ■ ■	
Week 11	(2 gums/day)	■ ■	1 GUM / 4-8 HOURS
Week 12	(1 gum/day)	■	

DO NOT exceed 24 Chewing gums a day.

Over a 12 week period
NICOGUM
allows your body to gradually
adjust to have less nicotine

**Ensure to Consult with Your Doctor
WHEN USING NICOTINE GUM**



Reference: 1. Nicogum Product Information Leaflet.
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