

THRIVE[®]

NICOTINE POLACRILEX GUM

INDICATIONS:

THRIVE[®] gum can help you stop smoking by reducing withdrawal symptoms and nicotine cravings. Using THRIVE[®] gum can enable you to reduce the daily number of cigarettes smoked. Although smoking cessation is preferable, THRIVE[®] gum can also be used in cases when you need to temporarily refrain from smoking, for example, in smoke-free areas, airplanes, etc., or in other situations when you wish to avoid smoking. Product effectiveness is directly related to your motivation to stop smoking.

ADULT DOSAGE:

For adults only, not to be used by persons under 18 years of age. Chew one THRIVE[®] gum slowly and intermittently whenever you get the desire to smoke. Most people require approximately 10 pieces per day. **Do not exceed:**

THRIVE[®] gum 2 mg: 20 pieces per day

THRIVE[®] gum 4 mg: 20 pieces per day

DIRECTIONS:

For maximum effectiveness, it is very important that you use THRIVE[®] gum properly. Chew it once or twice, then “park it” between your cheek and gum. Wait a minute or until the taste has faded, and repeat. CHEW, PARK, CHEW.

Slow down if you start feeling uncomfortable. After about 30 minutes, you will have released all the medication. Repeat the process with another piece of THRIVE[®] gum when you get the urge to smoke again.

Do not chew more than one piece at a time. Avoid drinking acidic beverages such as coffee, tea, soft drinks, alcohol, or citrus juices at the same time as chewing THRIVE[®] gum. They can prevent it from working properly.

You should carry the gum with you at all times in the first few months and use one whenever you have the desire to smoke. One cigarette may be enough to start the smoking habit again.

As your THRIVE[®] gum therapy begins to work and your urge to smoke decreases, you can gradually decrease the number of pieces you use. Finally, when you are down to one or two pieces of THRIVE[®] gum a day, you will be ready to give up THRIVE[®] gum altogether. Do not rush it. For most people, treatment will take about three months, although some people may require up to six months.

Dosage chart

Number of cigarettes smoked per day	Month 1		Month 2	Month 3	Months 4-6
	First 2 weeks	Second 2 weeks			
	Pieces/day	Pieces/day	Pieces/day	Pieces/day	Pieces/day
20+	20	15	10	5	Chew one piece of THRIVE [®] gum if the urge to smoke returns
15-19	16	12	6	3	
11-14	12	9	5	3	
10 or less	10	8	4	2	

Do not use for more than six months without consulting a physician.

THRIVE[®] gum is designed to release nicotine only when chewed. No harmful effects should occur if you accidentally swallow a piece.

MEDICINAL INGREDIENT:

THRIVE[®] gum 2 mg: Each gum contains 2 mg nicotine (as nicotine polacrilex).

THRIVE[®] gum 4 mg: Each gum contains 4 mg nicotine (as nicotine polacrilex).

NON-MEDICINAL INGREDIENTS:

Acesulfame potassium, calcium carbonate, carnauba wax, flavours, gelatin, glycerol, gum base, mannitol, sodium bicarbonate, sodium carbonate, sorbitol, sucralose, talc, titanium dioxide, xylitol.

WARNINGS:

Do Not Use If You:

- Are under 18 years of age.
- Have a jaw disorder.
- Are an occasional or non-smoker.
- Are pregnant or nursing. Avoid becoming pregnant while using THRIVE[®] gum. If you think you may be pregnant, stop using at once and see your doctor.

Ask Your Doctor Before Use If You:

- Have/have had heart, thyroid, circulation, stomach, throat or mouth problems, or high blood pressure.
- Take insulin or any prescription medicine.

Do not smoke or use other nicotine containing products while using THRIVE[®] gum. Common side effects of quitting smoking may include: irritability, trouble sleeping, increased appetite and headaches. *However, these should disappear after the first few days.*

THRIVE[®] gum can cause side effects such as: headache, light-headedness, hiccups, upset stomach and other stomach problems, especially if chewed too quickly or not chewed correctly. Other common side effects include mouth or throat soreness.

Stop using THRIVE[®] gum and consult your doctor if:

- Irregular heart beat, chest pain or leg pain occurs or if severe or persistent stomach upset (indigestion, heart burn) develops.
- You develop symptoms of overdose such as nausea, abdominal pain, vomiting, diarrhea, cold sweat, dizziness, disturbed hearing and vision, mental confusion, marked weakness, rapid heart beat or difficulty breathing.

Consult your doctor if you have difficulty in reducing the quantity of pieces used within three months.

In the case of overdose or if a child chews or swallows one or more THRIVE[®] gum, contact your doctor or local poison control centre at once even if there are no symptoms. Young children and pets are especially sensitive to the effects of even small doses of nicotine. Nicotine can be lethal to children and pets.

Store THRIVE[®] gum in its original packaging at 15-30°C, protected from light and **out of reach of children and pets.**

To access the complete support program, go to www.THRIVE2quit.ca

FOR COUNSELLING AND SUPPORT, CALL 1-888-495-3013.

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