

# THRIVE<sup>®</sup>

## NICOTINE Lozenge

### INDICATIONS:

THRIVE lozenges can help you stop smoking by reducing withdrawal symptoms and nicotine cravings. Using THRIVE lozenges can enable you to reduce the daily number of cigarettes smoked to ease the transition into a smoke-free lifestyle. Although smoking cessation is preferable, THRIVE lozenges 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. Suck one THRIVE lozenge slowly and intermittently whenever you get the desire to smoke. Most people require approximately 10 lozenges per day.

#### Do not exceed:

**THRIVE lozenge 1mg:** 25 lozenges per day

**THRIVE lozenge 2mg:** 15 lozenges per day

### DIRECTIONS:

For maximum effectiveness and safety, it is very important that you use THRIVE lozenges properly. Place one lozenge in the mouth and slowly suck it until a strong taste is noticed, then "rest" the lozenge between your cheek and gum. Wait a minute or until the taste has faded, and repeat by sucking until a strong taste is again noticed. Typically, one lozenge should last approximately 30 minutes before being completely consumed. Repeat with another lozenge when you get the urge to smoke again.

Do not suck more than one lozenge at a time. You should carry the lozenges 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 lozenge 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 lozenges a day, you will be ready to give up THRIVE lozenges altogether. Do not rush it. For most people, treatment will take about three months, although some people may require up to six months.

### Typical Dosage Chart (personal requirements will vary)

Number of cigarettes smoked per day	Month 1		Month 2	Month 3	Months 4-6
	First 2 weeks	Sec ond 2 weeks	Lozenges/day	Lozenges/day	Lozenges/day
	Lozenges/day	Lozenges/day			
20+*	15	12	10	5	Take one Nicotine Lozenge if the urge to smoke returns
15-19	10	8	5	3	
11-14	7	5	3	2	
10 or less	5	3	3	2	

\* If you smoke 20 or more cigarettes daily, it is recommended that you try 2mg THRIVE lozenge. If you smoke less than 20 cigarettes daily, use 1mg THRIVE lozenges. **Do not use for more than six months without consulting a physician.**

THRIVE lozenges are designed to release nicotine only when sucked. No harmful effects should occur if you accidentally swallow a piece, since it will slowly dissolve in the stomach.

### MEDICINAL INGREDIENT:

**THRIVE lozenge 1mg:** Each lozenge contains 1mg nicotine (as nicotine bitartrate dihydrate).

**THRIVE lozenge 2mg:** Each lozenge contains 2mg nicotine (as nicotine bitartrate dihydrate).

### NON-MEDICINAL INGREDIENTS:

Aspartame (contains phenylalanine), magnesium stearate, maltitol, menthol, peppermint oil, polyacrylate, silica, sodium carbonate, sodium bicarbonate, xanthan gum.

### WARNINGS:

**Do Not Use If You:** Are under 18 years of age.

- Are an occasional or non-smoker.
- Are pregnant or nursing. Avoid becoming pregnant while using THRIVE lozenges. If you think you may be pregnant, stop using at once and see your doctor.

### Ask Your Doctor Before Use If You:

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 at the same time as using THRIVE lozenges.

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 lozenges can cause side effects such as: headache, light headedness, hiccups, upset stomach and other stomach problems, especially if sucked too quickly or not correctly. Other common side effects include mouth or throat soreness.

Stop using THRIVE lozenges 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 lozenges used within three months.

In the case of overdose or if a child consumes one or more THRIVE lozenges contact your doctor or local poison control center at once even if there are no symptoms. Young children and pets are especially sensitive to the effects of even small doses of nicotine.

Store THRIVE Lozenges in their original packaging at 15 - 30°C, protected from light and **out of reach of children and pets.**



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

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