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## Stop-Smoking Aid

### INDICATIONS:

THRIVE® COMPLETE™ gum can help you stop smoking by reducing nicotine withdrawal symptoms & cravings. THRIVE® COMPLETE™ sucrose-free gum releases a lower level of nicotine into your body than cigarettes, and allows you to slowly decrease your body's need for nicotine. When used as directed, THRIVE® COMPLETE™ reduces nicotine cravings and relieves nicotine withdrawal symptoms such as irritability, difficulty in concentration, frustration, anxiety, and restlessness, plus it also, whitens teeth, and freshens breath.

THRIVE® COMPLETE™ can be used to help you quit immediately, or to quit gradually by enabling you to cut back the number of cigarettes you smoke each day to ease the transition to being smoke-free. Product effectiveness is directly related to your motivation to stop smoking. Consult your pharmacist or doctor regarding the availability of smoking cessation programs in your area for counseling and support.

Although smoking cessation is preferable, if desired, THRIVE® COMPLETE™ gum can also be used to fight nicotine cravings in cases where you need to temporarily refrain from smoking. For example, when you are on an airplane or other smoke-free area, or in other situations where you need to avoid smoking.

### ADULT DOSAGE:

For adults only. Chew one THRIVE® COMPLETE™ gum slowly and intermittently for 30 minutes whenever you get the desire to smoke. Most people require approximately 10 pieces per day. **Do not exceed:**

THRIVE® COMPLETE™ 2 mg (for less than 20 cigarettes/day smokers): 20 pieces per day.

THRIVE® COMPLETE™ 4 mg (for 20 or more cigarettes/day smokers): 20 pieces per day.

### DIRECTIONS:

For maximum effectiveness, it is very important that you use THRIVE® COMPLETE™ 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, PARK.* Repeat for approximately 30 minutes.

Slow down if you start feeling uncomfortable. After about 30 minutes, you will have released all the medication. Discard the gum out of reach of children. Repeat with another new 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® COMPLETE™ gum. They can prevent it from working properly. Do not smoke or use other nicotine containing products while chewing THRIVE® COMPLETE™ gum.

Carry THRIVE® COMPLETE™ gum with you at all times in the first few months and use one piece whenever you have the desire to smoke. One cigarette may be enough to start the smoking habit again.

As your THRIVE® COMPLETE™ 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® COMPLETE™ gum a day, you will be ready to stop altogether. For most people, treatment will take about three months, although some people may require up to six months. Consult your doctor if you have difficulty in reducing the quantity of pieces used within three months. Do not use for more than six months without consulting a doctor.

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

	Month 1		Month 2	Month 3	Months 4-6
	First 2 weeks	Second 2 weeks			
Number of cigarettes smoked per day	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	

### MEDICINAL INGREDIENT:

#### THRIVE® COMPLETE™ gum 2 mg:

Each piece contains 2 mg nicotine (as nicotine polacrilex).

#### THRIVE® COMPLETE™ gum 4 mg:

Each piece contains 4 mg nicotine (as nicotine polacrilex).

### NON-MEDICINAL INGREDIENTS:

Acesulfame potassium, calcium carbonate, carnauba wax, gelatin, glycerol, gum base (contains butylated hydroxytoluene), mannitol, menthol, natural mint flavouring, purified water, sodium carbonate, sodium hydrogen carbonate, sorbitol, spearmint flavouring, sucralose, talc, titanium dioxide, and 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® COMPLETE™. If you think you may be pregnant, stop using at once and see your doctor.
- Are allergic to nicotine or any of the other ingredients in the gum.

#### Ask Your Doctor Before Use if You:

- Have or have had problems with the following: heart (ex. heart attack or severe heart rhythm), thyroid, circulation, stomach (ex. ulcers or inflamed esophagus), throat or mouth problems, high blood pressure or stroke.
- Take insulin or any prescription medicine.
- Have ever experienced seizures.

#### 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® COMPLETE™ gum can cause side effects such as:

feeling sick, mouth or throat soreness, upset stomach and other stomach problems, hiccups, constipation, dry mouth, headache, light-headedness, insomnia, cough especially if chewed too quickly or not chewed correctly.

Stop using THRIVE® COMPLETE™ gum and consult your doctor if:

- You develop symptoms of overdose such as nausea, abdominal pain, vomiting, diarrhea, cold sweat, dizziness, disturbed hearing and vision, mental confusion, marked weakness, rapid heartbeat or difficulty breathing.
- Irregular heartbeat, chest pain or leg pain occurs or if severe or persistent stomach upset (indigestion, heartburn) develops.
- You develop severe allergic symptoms of which include sudden wheeziness or tightness of chest, rash and feeling faint.

#### Consult your dentist or doctor if:

- Injury or irritation to the mouth, teeth, or gum around dentures occurs. As with any gum, chewing it can cause dental fillings to loosen and aggravate other mouth, tooth, and jaw problems. It may also stick to dental work.

If a child chews or swallows one or more THRIVE® COMPLETE™ 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 tamper evident sealed units in the original packaging at room temperature, protected from light and out of reach of children and pets.

To access the complete support program, go to [www.THRIVE2quit.ca](http://www.THRIVE2quit.ca)

**FOR PRODUCT SUPPORT, CALL 1-888-495-3013**

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