

How to chew **nicotine gum** correctly

One piece of gum provides the same amount of nicotine as one cigarette!
It alleviates nicotine withdrawal symptoms.

What is Nicotine Replacement Therapy of *Nicotinell*?



This method helps you quit smoking by allowing only nicotine to be absorbed into the body instead of tobacco, thereby reducing the unpleasant symptoms of nicotine withdrawal (irritability, restlessness, difficulty concentrating, etc.) that occur when you start to quit smoking, and gradually reducing the amount of nicotine ingested.



Helps your smoking cessation until its achievement.

タバコのかわりにガムを一服

※禁煙補助薬 ニコチンガム製剤には、1日の使用回数制限があります。

禁煙時のイライラ・集中困難・
落ち着かないなどの症状の緩和に
ガムタイプの禁煙サポート



豊かな甘みのあるフルーティーな
糖衣タイプのマンゴー風味
ニコチネル マンゴー
第②類医薬品



マイルドな甘みのある
糖衣タイプのスペアミント風味
ニコチネル スペアミント
第②類医薬品



甘みをおさえつつきりりした
糖衣タイプのペパーミント風味
ニコチネル ミント
第②類医薬品

この医薬品は、薬剤師、登録販売者に相談のうえ、「使用上の注意」をよく読んでお使い下さい。



ボッシュ健康保険組合

If you feel like smoking, chew a piece of gum

Chewing gum when you feel like smoking can help ease the nicotine withdrawal symptoms while quitting smoking.

It has an immediate effect, as the effect appears within 2 to 3 minutes of starting to chew it.

The amount of nicotine gum you should use per day depends on the number of cigarettes you smoke per day.



No of cigarette/day	0 – 4 weeks	4 – 6 weeks	6 – 8 weeks	8 – 10 weeks	10 – 12 weeks
20 or less	4 - 6	1 - 3	0 - 1	-	-
21 - 30	6 - 9	3 - 6	1 - 3	0 - 1	-
31 or more	9 - 12	6 - 9	3 - 6	1 - 3	0 - 1

The correct way to chew

1. Chew it about 15 times until it becomes soft, then place it between your cheek and gums.
2. It will start to tingle after 2-3 minutes ➡ Nicotine is being absorbed.
3. When the tingling stops, chew again about 15 times and place it between cheek and gums.
4. Repeat this for 30-60 minutes until the flavor is gone.
5. Wrap the gum in paper and throw it away.
6. After continuing the same amount for a month, gradually reduce the amount on a weekly basis until it becomes **zero in three months!** ✨ ✨

You can watch the video to know how to chew nicotine gum correctly!

How to use nicotine gum as a smoking cessation aid
e-healthnet (Ministry of Health, Labor and Welfare)





Please note

- If you chew it continuously like you do with regular gum, you are more likely to experience side effects such as stomach discomfort or an unpleasant feeling in the throat.
- **Use it in the state that you stop smoking completely.**
- When taking it, strictly adhered to daily limit 24 pieces and one piece for one time.
- It may not be effective when taken with coffee or carbonated drinks.
- The recommended usage period is 3 months, not to exceed 6 months.
- It cannot be used in conjunction with nicotine patches.



Those who cannot use nicotine gum

Those who should not use nicotine gum

- Those who do not currently smoke
- Pregnant women
- Those who have had a myocardial infarction
- Those who suffer from severe angina or arrhythmia
- Those who have been diagnosed with cerebral infarction or cerebral hemorrhage
- Those who suffer from depression
- Those who have had allergic reactions to nicotine gum



If you want to quit smoking easily, visit a smoking cessation clinic!
Search for a smoking cessation clinic near you with "Good Smoking Cessation"