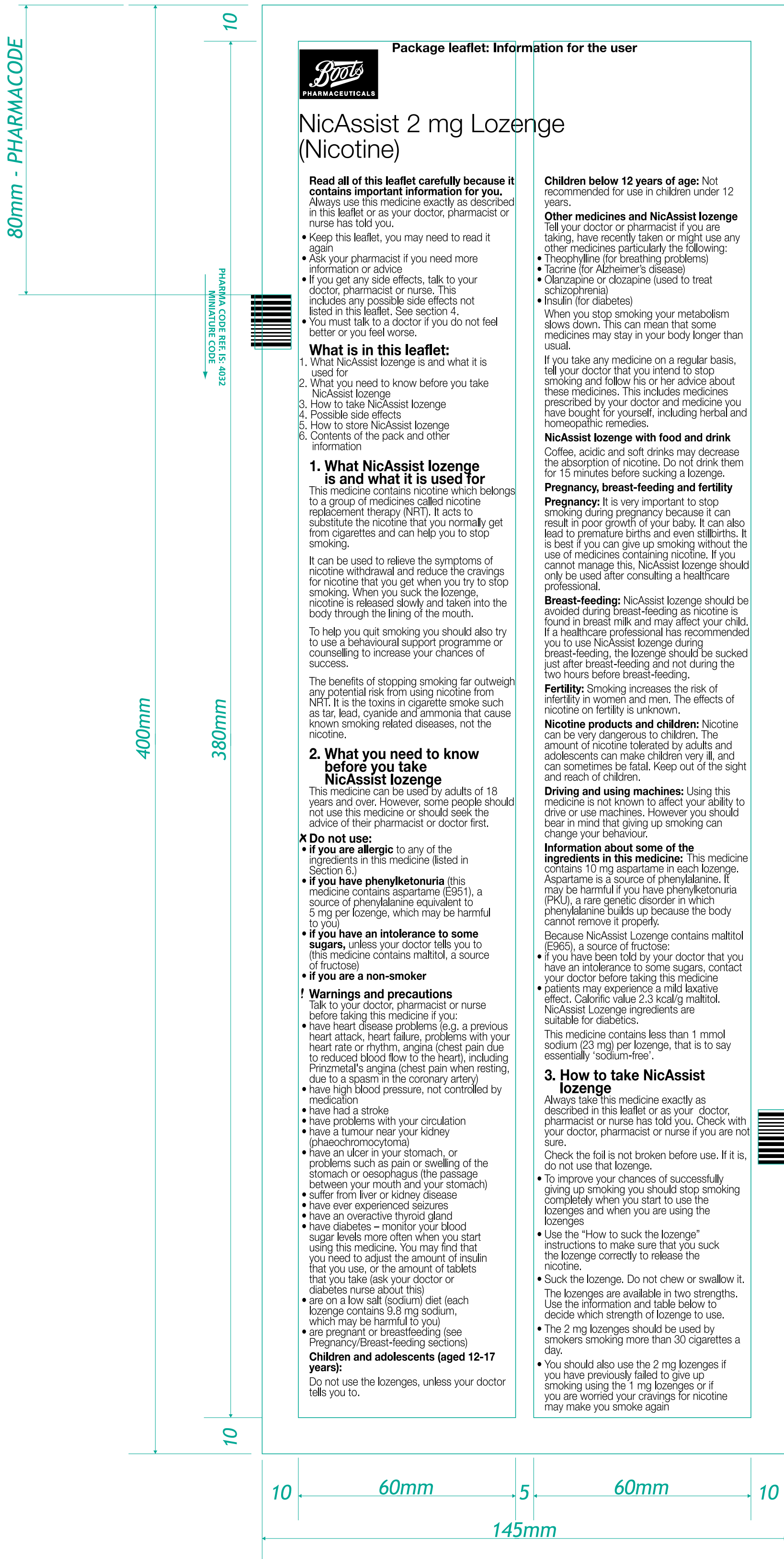


RECTO



VERSO

80mm - PHARMACODE

10

PHARMA CODE REF. IS: 4032
MINIATURE CODE

400mm

380mm

10

10

60mm

5

60mm

10

145mm

Low to moderate dependency	Moderate to strong dependency	Strong to very strong dependency
← 1 mg lozenge acceptable →		
	← 2 mg lozenge acceptable →	
Less than 20 cigarettes / day	From 20 to 30 cigarettes / day	Over 30 cigarettes / day
Use the 1 mg lozenge	Use the 1 mg or 2 mg lozenge depending on how strong your cravings are and your preference	Use the 2 mg lozenge

If you use the 2 mg lozenge and find that you get side effects, try using the 1 mg lozenge instead.

How to suck the lozenge

- Suck one lozenge until the taste becomes strong.
- Rest the lozenge between your gums and cheek.
- Suck again when the taste has faded.
- Repeat this routine until the lozenge dissolves completely (about 30 minutes).

How many to use:

Adults over 18 years: Suck one lozenge every one to two hours when you feel the urge to smoke.

Most people use between 8 to 12 lozenges per day. However, if you still have an urge to smoke you can use more lozenges.

Do not use more than 15 of the 2 mg lozenges per day. Do not use more than 1 lozenge per hour.

Normally you should use the lozenges for at least 3 months, but this may vary from person to person. After 3 months, you should gradually reduce the number of lozenges used each day.

When you are using only one or two lozenges per day you should stop completely.

In general you should not use the Boots NicAssist 2 mg Lozenges for more than 6 months. However, some people may need to use them for longer to stop then smoking again.

If you need to use the lozenges for longer than 9 months, ask your pharmacist or doctor for advice.

Counselling may improve your chances of giving up smoking.

Use in children and adolescents (aged 12-17 years): Do not use the lozenges, unless your doctor tells you to.

Use in children below 12 years of age: Not recommended for use in children under 12 years.

If you use more lozenges than you should: Sucking too many lozenges can result in the same symptoms as smoking too much. The general symptoms of too much nicotine include weakness, excess sweating, pale skin, increased production of saliva, throat burn, feeling sick, being sick, diarrhoea, pain in the abdomen, disturbance of hearing and vision, confusion, tremor, headache, fast, slow or irregular heartbeat, shortness of breath and circulatory problems.

If this happens talk to your doctor or pharmacist for advice.

If you forget to use NicAssist lozenges: Do not take a double dose to make up for a forgotten lozenge.

! If a child uses or swallows any lozenges: Talk to a doctor straight away. Take the child to the nearest casualty department. Take the medicine and this leaflet with you. Even small quantities of nicotine are dangerous in children and may result in severe symptoms or death. Keep out of the sight and reach of children.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

! STOP using the lozenge and seek medical help immediately if you have any of the following which may be signs of an **allergic reaction:**

- fast, slow or irregular heart beat
- difficulty breathing, swelling of the lips, face, throat or tongue (signs of severe allergic reaction)

If you get any of the following side effects see your pharmacist or doctor:

In the first few days you may feel dizzy, get headaches or have difficulty sleeping. These may be withdrawal symptoms from stopping smoking and may be caused because you are not getting enough nicotine.

Common (affecting 1 to 10 people out of 100)

- dizziness and headache
- dryness of the mouth, stomach trouble (such as feeling sick, vomiting, flatulence, pain), increased saliva production, constipation and irritation of the mouth and throat.

- indigestion, heartburn or hiccups may happen because you are sucking the lozenge too fast, try to suck more slowly
- insomnia
- cough and sore throat

Uncommon (affecting 1 to 10 people out of 1000)

- Palpitations
- Not known** (frequency cannot be estimated from the available data)
- tremor
- heartbeat irregularities
- breathing difficulty
- difficulty swallowing or belching
- weakness, fatigue or flu-like symptoms
- seizures
- a fast and irregular heartbeat (Atrial fibrillation)

! When you stop smoking you may also develop mouth ulcers. Mouth ulcers may be related to quitting smoking and not to your treatment.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store NicAssist lozenge

- Keep out of the sight and reach of children.
- Do not store above 25°C.
- Do not use this medicine after the expiry date which is stated on the blister and carton. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What NicAssist contains

- The active substance is nicotine bitartrate dihydrate.
- Each compressed lozenge contains nicotine 2 mg (as nicotine bitartrate dihydrate 6.144 mg).
- The other ingredients are: maltitol (E965), sodium carbonate anhydrous, sodium hydrogen carbonate, polyacrylate, xanthan gum, colloidal anhydrous silica, levomenthol, peppermint oil, aspartame (E951), magnesium stearate.

What this medicine looks like and contents of the pack

The pack contains 36, 72, 96, 144 or 204 white, round, mint flavoured lozenges. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Dr. Reddy's Laboratories (UK) Ltd., 410 Cambridge Science Park, Milton Road, Cambridge, CB4 0PE, UK

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This leaflet was last revised in November 2025

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots NicAssist 2 mg Lozenge

Reference number: PL 08553/0796

This is a service provided by the Royal National Institute of Blind People.

PHARMA CODE REF. IS: 4032
MINIATURE CODE

80mm - PHARMACODE

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