**KEYS TO SUCCESS.**
1. You must really want to quit smoking for Zonnic Gum to help you.
2. You can greatly increase your chances of success by using at least 1 to 2 pieces every day when you start using Zonnic Gum. See chart on back side of leaflet.
3. You should continue to use Zonnic Gum as explained in this User’s Guide for 12 full weeks. If you feel you need to use Zonnic Gum for a longer period to keep from smoking, talk to your health care provider.
4. Zonnic Gum works best when used together with a support program – see information for instructions on enrollment in the SmokeFreeHabits.com Free & Personalized Support Plan.
5. If you have trouble using Zonnic Gum, ask your doctor, pharmacist or health care professional.

**To request a free audio CD containing tips to help make quitting smoking easier, call 1-800-627-0505 (ONE CD PER CUSTOMER).**

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**LET’S DECIDE TO QUIT.**

The best time to quit smoking is an important time. That’s why you’ve made the right choice in choosing Zonnic Gum.

• Plan the day you will quit smoking, and write them down on the back of this leaflet.

**STOP AND THINK.**

• What are your most important reasons, and write them down on the back of this leaflet. This will help you give up smoking?

• Choose a quit date which you think you can work with.

**START TAKING ACTION NOW.**

• Try to stop smoking without using Zonnic Gum.

**WHAT YOU NEED TO KNOW BEFORE YOU START USING ZONNIC GUM.**

• If you chew too fast, or do not chew correctly, you may get reduced by some foods and drinks, such as coffee, juices, alcohol, and chemicals.

• The following chart lists the recommended usage schedule for Zonnic Gum.

**WARNING!**

It is dangerous, and the smoke you inhale may contain tar, nicotine, and other cancer-causing (harmful) substances which can cause harm to your health.

**STOP AND THINK.**

• What is the best way to quit smoking?

**SUPPORT PROGRAM – SEE INFORMATION FOR INSTRUCTIONS**

**GO FOR YOUR GARAGE SALE.**

• Start using Zonnic Gum to satisfy your cravings for something other than cigarettes. In the event that you slip, immediately smoke your first cigarette more than 30 minutes after smoke your first cigarette more than 30 minutes after smoke your first cigarette more than 30 minutes after smoking. Plan ahead NOW for these times, so you’re not defeated.

• Make a list of everything you enjoy and reserve these for your hands to play with, like a smooth rock, an air freshener, or a Chewy Buddy.

**WHAT YOU’RE UP AGAINST.**

• You are likely to be powerful ones that come with time. Your smoker’s cough will get worse before it gets better.

• It is hard to imagine that you are going to stop smoking. Plan ahead for these situations.

**TIPS TO MAKE QUITTING EASIER.**

• Try to avoid alcohol, coffee and other beverages you are used to having. Try to avoid smoking your first cigarette more than 30 minutes after smoking your first cigarette more than 30 minutes after smoking your first cigarette more than 30 minutes after smoking. The goal of using Zonnic Gum is to slowly reduce your cravings, you may use a second piece of Zonnic Gum.

**WHEN THE STRUGGLE IS OVER.**

• If you choose to use mints as you were using Zonnic Gum per day. At the times you plan to use Zonnic Gum every four to eight hours.

**WHO IS ZONNIC GUM FOR?**

• To improve your chances of quitting, use two pieces each day.

• Smokers who have used the gum to satisfy their cravings for nicotine, they may use a second piece of Zonnic Gum.

**STOP AND THINK.**

• It’s important to understand that even if you have a craving for cigarettes, you may use a second piece of Zonnic Gum.

• To improve your chances of quitting, use two pieces each day.

• Smokers who have used the gum to satisfy their cravings for nicotine, they may use a second piece of Zonnic Gum.