

# Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



## Nicotinell Fruit/Mint 2mg Chewing Gum

### Uses

Relief of and/or prevention of cravings and nicotine withdrawal symptoms associated with tobacco dependence. To aid smokers wishing to quit or reduce prior to quitting. To assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. Can be used in pregnant and lactating women making a quit attempt. Should preferably be used in conjunction with a behavioural support programme.

For smokers of less than 20 cigarettes a day. For those smoking between 20-30 cigarettes a day either the 2mg or 4mg gum may be used depending on personal preference and characteristics.

### Dosage

Adults and adolescents (12-18 years): 1 piece to be chewed when the urge to smoke is felt following the chewing technique on the pack. Normally 8-12 pieces per day. Maximum 25 pieces in 24 hours. After about 3 months the user should gradually cut down the number of pieces chewed until they have stopped using the product. Medical advice should be sought for use in adolescents beyond 12 weeks.

### Format and Ingredients

Rectangular, off-white chewing gum with polished surface containing:  
Nicotine 2mg,

**Category:**  
Smoking Cessation

**Manufacturer:**  
HALEON PLC

**Pack size:** 96, 204

**RRP:** £17.13, £32.45

**Legal Status:** (GSL), (GSL)

A division of  
 GROUPE  
EUROCOM

