



## Crave a healthier habit

Win back time for yourself by combating cravings fast

In a world where time is money, taking breaks to feed your smoking habit is like setting fire to bank notes. To help you take control of cravings and so win back the time you waste smoking, the new Nicorette QuickMist Mouthspray has been designed to provide fast-acting craving relief to help you quit.

### NEW WAY TO CURB CRAVINGS

The new Nicorette QuickMist Mouthspray is the first ever mouth spray to help you stop smoking. Keep it in your pocket or on your desk and the moment the desire for a cigarette strikes, you give yourself a quick squirt from the mouth spray. In just 60 seconds it goes to work on your cravings.

Use this handy mouth spray for a quick response, with the added bonus of a fresh-tasting mint flavour. Having a Nicorette QuickMist Mouthspray to hand can not only help you cut down on the number of cigarettes you smoke each day, but it'll also help save you time as you free yourself from the hassle of having to leave the building or venture outside in the rain for a smoke.

Nicorette QuickMist Mouthspray is clinically proven to start work on your cravings fast – making it a great device to help tackle your cravings, allowing you to refocus your mind in meetings with workmates when the desire to have a cigarette strikes.

*Nicorette QuickMist Mouthspray contains nicotine. Requires willpower. A stop smoking aid. Always read the label. As soon as you are ready, you should stop smoking completely. 06852*

### WIN BACK 'YOU' TIME

Using the discreet and convenient mouthspray has also been found to double a smoker's chances of stopping smoking successfully, compared to quitting with willpower alone. Research also shows that non-smokers have lower stress levels than those who still smoke – especially those who also have to leave their desk to feed their habit, too. So to cut out the hassle of smoking, win back time for yourself and help kick the habit for good try Nicorette QuickMist Mouthspray.

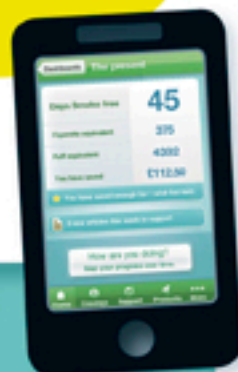
### WHAT HAPPENS WHEN YOU QUIT

Here's how quickly the body reacts to the changes that occur once you wean yourself off the dependency of nicotine: Time after your last cigarette...

- 20mins** Blood pressure and heart rate should return to normal.
- 8hrs** Carbon monoxide levels in your blood reduce by half.
- 48hrs** Your sense of taste and smell improve.
- 3 days** Breathing gets easier as the bronchial tubes in your lungs begin to relax.
- 12 wks** Circulation improves throughout the body, making walking and running a whole lot easier.



Nicorette® QuickMist Mouthspray is available from major grocers and pharmacies in two pack sizes: single RRP £17.99 and double RRP £28.99. Each dispenser contains about 150 sprays.



### NEED A HAND?

For advice on ways to quit smoking and games to take your mind off the cravings, download the new free Nicorette iPhone App!

Find out more below

