

ENGLISH

INSTRUCTIONS FOR USE

Acetium® lozenge – quit smoking

Acetium® lozenge can help quit smoking and can be used to alleviate tobacco dependence. It is easy to use: take one lozenge every time you smoke a cigarette. Smoking cessation can be best achieved when the subject is motivated to quit, and it usually takes an average of 3-6 months of regular use. Acetium® lozenge is devoid of the side effects of conventional smoking intervention methods [such as nicotine dependence and possible adverse side effects of medicines].

Background

Acetium® lozenge works by slowly releasing L-cysteine (a natural amino acid) into saliva. L-cysteine binds up to 90% of cigarette smoke-derived acetaldehyde (1) – a substance classified as a human carcinogen (2).

The efficacy of Acetium® lozenge in smoking intervention has been evaluated in two clinical trials (3,4), with consistent results. Regular use of the lozenge during smoking increased the likelihood of smoking cessation 1.5-fold compared with placebo (4).

Mode of action

Acetium® lozenge binds cigarette smoke derived acetaldehyde from saliva (1).

Composition

Acetium® lozenge only contains safe ingredients. The Acetaldehyde-binding lozenge also contains a small amount of xylitol, which reduces the acetaldehyde production by oral bacteria and promotes oral health.

Directions for use

Put one Acetium® lozenge in the mouth just before lighting a cigarette. Let the lozenge dissolve slowly in the mouth during smoking. Do not chew. Take another Acetium® lozenge if you continue smoking. Continue sucking the lozenge until it has completely dissolved. The lozenge is for single use. Consuming liquids or other substances while using Acetium® is not recommended, because the lozenge will be less effective. The effect can only be achieved when Acetium® lozenges are used every time you smoke and for the entire duration of smoking. The recommended maximum daily dose is 40 lozenges.

Storage and shelf life

Keep out of view and reach of children. Store in a dry place below 25°C. Do not store in a refrigerator and do not freeze. The product must not be used after the expiry date indicated on the package.

Contraindications

Do not take this product if you are allergic to any of the ingredients. Acetium® lozenge contains sweeteners (xylitol, sorbitol). Excessive use may have a laxative effect and/or cause flatulence.

The product is not suitable for children, should not be used during pregnancy or breastfeeding, or by persons suffering from renal dysfunction or cystinuria.

Smoking cessation causes withdrawal symptoms for the majority of smokers.

Common withdrawal symptoms include mood changes, insomnia, lack of concentration, headache, decreased heart rate, and increase in appetite.

Carcinogenic acetaldehyde is one of the harmful substances in cigarette smoke. Acetium® lozenge does not reduce other adverse health effects of smoking.

If you notice adverse effects, contact your doctor or the manufacturer.

Package form

3 x 10 lozenges in a blister package (PVC/aluminum) in a cardboard box.

Instructions for disposal

The carton is recyclable. The foil package and any remaining lozenges may be disposed of as mixed waste. Discard the used package and remaining lozenges according to local and national regulations.

Ingredients:

The active substance of lozenge is slow dissolving L-cysteine (3 mg/tablet). Other ingredients: xylitol (250 mg/tablet) (E967), sorbitol (224 mg/tablet) (E420), smoke flavour, anise flavour, magnesium stearate (E470b), silicon dioxide (E551). Tablet weight 500 mg. Does not contain lactose, gluten or nicotine.

References

1. Salaspuro VJ, Hietala JM, Marvola ML, Salaspuro MP. Eliminating carcinogenic acetaldehyde by cysteine from saliva during smoking. *Cancer Epid Biomark Prev* 2006;15:146-149.
2. Secretan B, Straif K, Baan R, Grosse Y, El Ghissassi F, Bouvard V, Benbrahim-Tallaa L, Guha N, Freeman C, Galichet L, Coglianov V. WHO International Agency for Research on Cancer Monograph Working Group. A review of human carcinogens-Part E: tobacco, areca nut, alcohol, coal smoke, and salted fish. *Lancet Oncol* 2009;10:1033-1034.
3. Syrjänen K, Salminen J, Aresvuo U, Hendolin P, Paloheimo L, Eklund C, Salaspuro M, Suovaniemi O. Elimination of cigarette smoke-derived acetaldehyde in saliva by slow-release L-cysteine lozenge is an effective new method to assist smoking cessation. A randomised, double-blind, placebo-controlled intervention. *Anticancer Res* 2016;36:2297-2306.
4. Syrjänen K, Eronen K, Hendolin P, Paloheimo L, Eklund C, Bäckström A, Suovaniemi O. Slow-release L-cysteine (Acetium) lozenge is an effective new method in smoking cessation. A randomized, double-blind, placebo-controlled intervention. *Anticancer Res* 2017;37: 3639-3648.

Manufacturer

Biohit Oyj
Laippatie 1
FI-00880 Helsinki
Finland

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Medical device

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www.acetium.com

