



NICOTINE REPLACEMENT PRODUCTS AVAILABLE

Highlighted products* are those recommended by the *Cooper Clayton Method to Stop Smoking*. This information is based on scientific evidence, and neither Dr. Cooper nor Dr. Clayton receives compensation from the sale of these products.

PRODUCTS	RECOMMENDED USAGE	PEAK TIME	AVERAGE NICOTINE LEVELS
NICORETTE 2 MG	12 Pieces gum per day	15-20 mins.	8ng/ml
*NICORETTE 4 MG	12 Pieces gum per day	15-20 mins.	14-16ng/ml

NICOTROL 15 MG	1 Patch in 16 hours	5-10 hours	9ng/ml
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STORE BRAND (numerous companies)	1 Patch in 24 hours	6-12 hours	11- 13ng/ml
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*Nicoderm CQ 21 MG	1 Patch in 24 hours	2-4 hours	17ng/ml
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*COMMIT Lozenge	12 Pieces per day	15-20 mins.	16-18ng/ml
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- An average smoker maintains nicotine levels of 18-35 ng/ml.
- Commit Lozenge is used the same as Nicorette gum and provides 25% higher nicotine blood levels.
- The generic brand patches deliver 44-70% of the blood levels achieved by the Nicoderm CQ patch.