

BLYSS Nicotine pouches Usage and Guidance

BLYSS is a nicotine-based pouch that helps smokers and tobacco chewers quit smoking and tobacco. **BLYSS** works on a well-established principle called "Nicotine Replacement Therapy (NRT)". NRT reduces withdrawal symptoms, including nicotine craving one might get when trying to reduce or abruptly stop tobacco consumption.

What is Nicotine?

Nicotine is an addictive chemical compound found in tobacco plants that gets absorbed in the blood and reaches the brain, providing the user feelings of satisfaction and pleasure. Our brain soon starts seeking this feeling regularly hence making nicotine a highly addictive substance. However, cigarettes and chewing tobacco also contains other harmful chemicals.

How does BLYSS work?

BLYSS is a nicotine pouch formulation that provides effective relief from cravings associated with quitting smoking or chewing tobacco by delivering controlled amount of nicotine to the body. Nicotine is delivered slowly and in small amounts to help soothe your nicotine craving. **BLYSS** nicotine pouch can be used as part of a tobacco reduction strategy by smokers and chewers who are not ready to stop smoking abruptly, as a step towards stopping completely. As you follow the recommended dosage schedule, your body gradually adjusts to getting less nicotine over time, until you may no longer need any at all.

Indication

To reduce withdrawal symptoms including cravings of nicotine associated to quitting smoking or chewing tobacco.

The right Strength :

BLYSS is available in strengths 2 mg and 4 mg.

- **2mg:** Suitable for those who smoke up to 20 cigarette consume up to 10 packs of chewable tobacco a day
- **4mg:** Suitable for those who smoke more than 20 cigarettes a day consume more than 10 pack of chewable tobacco a day

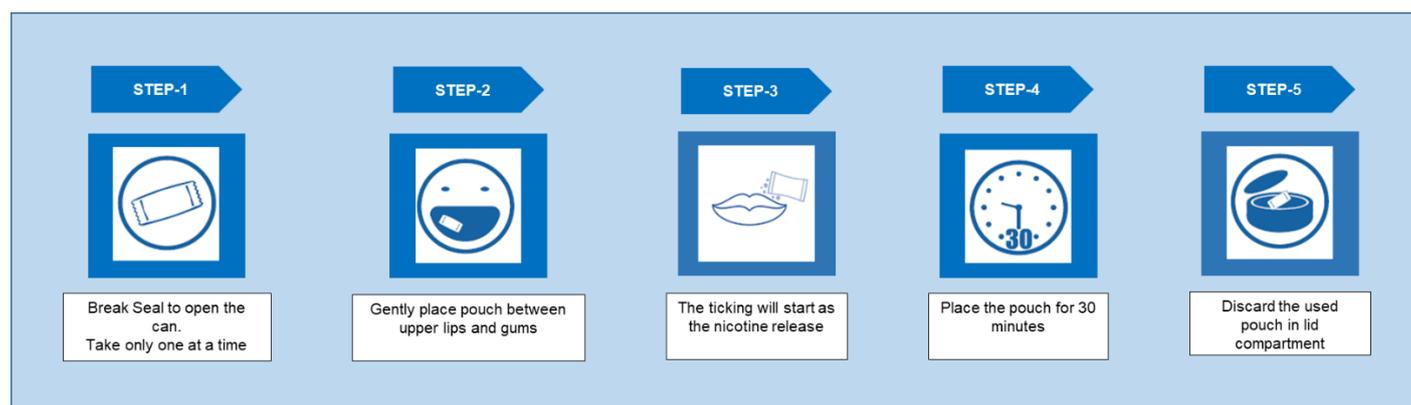
Dosage Schedule & Administration

4mg: As directed by Physician.

2mg: 8 - 12 pieces a day. Not more than 24 pieces of pouches a day. After 3 months, users should gradually reduce the number of pouches consumed each day until only 1-2 daily pouches are required, by when use of the pouch should be stopped. This process may take 6 months from the start of treatment. Counselling may help smokers or tobacco chewers to quit. Those using NRT for more than 9 months should seek advice from a healthcare professional.

How to use BLYSS Nicotine Pouch?

Nicotine pouches usage is different than ordinary chewing pouches. Follow the steps as displayed as displayed in steps.



Precautions

Using acidic beverages, such as coffee or soft drinks, together with nicotine pouch may interfere with the buccal absorption of nicotine. Acidic beverages should be avoided for 15 minutes prior to chewing **BLYSS** nicotine pouch. Also avoid eating while using **BLYSS**

Side effects

BLYSS may have the same side effects as nicotine administered by any other route. The side effects are usually dose-dependent and may not be experienced by all users. Common side effects, especially during the first few weeks are: headache, nausea, vomiting, hiccups, throat irritation, jaw muscle ache, and sore throat or mouth.

Consult your doctor prior to use

- If you are pregnant, breast-feeding
- If you have any medical condition, including high blood pressure, stomach ulcer, kidney or liver diseases, cardio vascular problems, allergies, inflammation of mouth, over active thyroid, adrenal gland cancer, or if you are insulin-dependent
- If you are taking any medication including those containing theophylline, tacrine, clozapine or ropinirol
- If you have had previous reactions to nicotine pouch or other nicotine-containing products

Overdose Management

In case you have exceeded the recommended dosage or a child has ingested **BLYSS**, please contact a doctor immediately. Overdose symptoms include headache, sickness, diarrhoea and stomach pain.

BLYSS Nicotine Pouch nicotine pouches are not for use by persons who do not consume any tobacco products

Storage

- Store in a cool, dry and dark place.
- Protect from direct sunlight.
- Keep out of sight and reach of children.
- Consume within 7 days after opening the container