

Acetium®

LOZENGE



**HELPS
QUIT SMOKING
- NICOTINE
FREE**

Acetium® Lozenge - quit smoking nicotine free

Acetium® Lozenge helps quit smoking and can be used to alleviate tobacco dependence.

Safe, nicotine-free smoking intervention

Being devoid of any known side effects (such as nicotine dependence and possible adverse side effects of medicines), Acetium® Lozenge represents a breakthrough in the development of the nicotine-free smoking intervention method.

Acetium® is easy to use: Take one lozenge every time you smoke a cigarette. Smoking cessation can be best achieved when the motivation is high enough. It usually takes an average of 3-6 months of regular use of Acetium® to quit smoking.

Background

The efficacy of Acetium® Lozenge in smoking intervention has been evaluated in two clinical trials^{1,2}, with consistent results. Regular use of the lozenge during smoking increased the likelihood of smoking cessation 1.5-fold compared with placebo².

Mode of action

Acetium® Lozenge is releasing slowly L-cysteine (a natural amino acid) into the saliva. L-cysteine binds up to 90 % of cigarette smoke-derived acetaldehyde, a substance classified as a human carcinogen^{4,5}. The taste of cigarette changes.

Acetium® Lozenge contains only safe ingredients with a small amount of xylitol, which reduces the acetaldehyde production by oral bacteria thus promoting 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 until the lozenge is completely dissolved. The lozenge is for single use.



Concomitant intake of liquids or other substances not recommended, because the lozenge will be less effective then. The effect can only be achieved when Acetium® Lozenges are used every time you smoke and for the entire time you are exposed to tobacco smoke. Recommended maximum daily dose is 40 lozenges because of the possible laxative effect.

The product is not suitable for children, during pregnancy or breast-feeding or for persons suffering from renal dysfunction or cystinuria.

Smoking cessation causes withdrawal symptoms for the majority of smokers. Common withdrawal symptoms are 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.



Annexes:

1. 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.

2. 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.

3. 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.

4. Secretan B, Straif K, Baan R, Grosse Y, El Ghissassi F, Bouvard V, Benbrahim-Tallaa L, Guha N, Freeman C, Galichet L, Coglianò 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.



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