

**Carefully read the leaflet because it contains important information for the person using the supplement.**

#### **LEAFLET STOP SMOKE**

Dietary supplement . Sugar-free chewing gum containing sweeteners with a mint and menthol flavour; contains no nicotine

contains a selected composition of natural ingredients:

powdered kudzu root (Pueraria lobata), ginseng root extract (Panax ginseng) and chili pepper (Capsicum frutescens). Rubber components help to combat tobacco dependence by reducing the symptoms occurring after smoking cessation. They help reduce nervous tension and fatigue. They alleviate the desire to use drugs such as nicotine. The kudzu root has an alkaline reaction, which naturally regulates the body's acid-base balance, supports digestion, cleanses the body, regulates appetite.

**Kudzu** (Pueraria Lobata) is a climber that grows in wild in East Asia and South America. For ages its beneficial influence on respiratory and blood circulation system disorders has been known in China. The most important quality of kudzu is its support in an addiction treatment of people addicted to nicotine, alcohol, and other substances.

**Ginseng root** (Panax ginseng) grows in China, on Korean peninsula, in Japan and in East Siberia. Because of its shape it is known in China as "a human-root". Its positive effect on human organism has been known for over 4000 years, mainly the fact that it gives energy, increases resistance to stress, improves concentration and it has anticancer effect.

**Chilli pepper** (Capsicum frutescens) comes from tropical areas of South America. It has its properties because of capsaicin, a substance responsible for its hot taste. Chilli helps in cleansing respiratory system, reducing bad cholesterol in blood, it has a positive effect on the mood.

What is a chewing gum **Stop Smoke** and what is the reason of its use?

is a dietary supplement for people addicted to nicotine who want to get rid of the bad habit.

A chewing gum does not contain nicotine but it contains optimally chosen composition of natural components: powdered kudzu root (Pueraria Lobata), ginseng root (Ginseng) and chilli pepper (Capsicum frutescens). Instead of nicotine the gum supplies organism with a mixture of natural herbs which cleanse an organism from toxins accumulated while smoking. Bioactive isoflavones contained in the kudzu root reduce the willingness to smoke a cigarette. They support production of dopamine (" a hormone of happiness") what positively influences the nervous system and

gives good mood to a person trying to give up smoking. Moreover, they eliminate unpleasant side effects existing while giving up smoking, such as nausea or headaches. Natural substances contained in ginseng root and chilli pepper improve mood and increase resistance to stress. Uniquely chosen composition of components make it easier for people trying to stop smoking to keep calm and keep internal balance, thus decreasing willingness to take a cigarette.

#### **Stop Smoke**

Helps to fight the bad habit from the first day of using the chewing gum. Natural components allow the organism to keep balance and the person giving up smoking to get back good mood without nicotine.

To achieve an optimal effect and convenient form of using we offer you **Stop Smoke** chewing gum.

While chewing, the saliva secretion is increased what improves the hygiene of mouth cavity.

The components of a chewing gum dissolved in saliva penetrate into organism and using of a chewing gum is felt almost immediately.

**Ingredients** : sweeteners sorbitol, isomalt, maltitol, xylitol, steviol glycosides; rubber base (contains lecithins from soya), contains traces of soya lecithin as a result of rubber base production technology, flavours, powdered kudzu root (Pueraria lobata),

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thickener :gum arabic , dye E 171, ginseng root extract (Panax ginseng) DER 10:1 , chilli peppers ( Capsicum frutescens ), glazing substance carnauba wax, moisture holding substance glycerine.

**Consumption in excessive quantities may have a purgative effect.**

#### **Nutritional value in 100 g:**

Nutrient content per 100 g product :  
energy value - 668 kJ/ 160.3 kcal; fat - 0 g (including fatty acids saturated with 0 g);  
carbohydrate-s 66.8 g (in it poliole 66.8 g, sugars - 0 g); protein -0 g; salt - 0 g.

#### **Available packages :**

A packet contains:  
Chewing gum, dragees 6 pieces ,  
Net weight 9 g

#### **Indications and effects:**

A bitter taste guarantees the highest quality of the components used in production and high effectiveness of the supplement.

- A chewing gum is for people addicted to nicotine,
- It helps to fight with nicotine addiction,
- Has a positive effect on functioning of nervous system in organisms devastated by addictions.

- Speeds up excreting toxic substances from organism,
- Has a positive effect on digestive system
- Increases resistance to stress

#### **Contraindications:**

Dietary supplement is intended for adults.

Do not use if there is hypersensitivity to any of the product components. Do not use in pregnant and breast feeding women. Stop smoke chewing gum cannot be used as a substitute for a varied diet.

#### **Dosage :**

**Recommended daily portion of 8-10 pieces .**

#### **One dragee contains:**

- Powdered kudzu root – 60 mg
- Extract from ginseng root – 30 mg
- Chilli – 2,20 mg

#### **Do not take more than 10 dragees a day.**

Daily intake of 10 dragees contains:

- Powdered kudzu root – 600 mg (contains 7 – 10% isoflavones of which 80% are derivatives of puerarin, others are: daidzeins, daidzins and others).
- Extract from ginseng root – 300 mg (content of ginsenosides – 12 mg)
- Chilli – 22 mg (content of capsaicin – 1,76 mg)

A chewing gum should be taken when a willingness for a cigarettes appears. Chew slowly until the taste appears. Then stop chewing and place the chewing gum between the cheek and a gum. Start chewing again when the taste disappears. The activity should be repeated for about 20 minutes.

#### **Storage:**

Keep in dry and cool place. Do not place the product in direct sunlight. Keep away from children. Do not use after expiry date on the package.

[www.nutralic.pl](http://www.nutralic.pl)



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