

Active ingredient(s): Nicotine benzoate

Consumer Medicine Information (CMI)

This leaflet provides important information about using Zefir Disposable. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Zefir Disposable.**

Where to find information in this leaflet:

1. Why am I using Zefir Disposable?
2. What should I know before I use Zefir Disposable?
3. What if I am taking other medicines?
4. How do I use Zefir Disposable?
5. What should I know while using Zefir Disposable?
6. Are there any side effects?
7. Product details

1. Why am I using Zefir Disposable?

Zefir Disposable contains the active ingredient nicotine.

Zefir Disposable is a nicotine vaping product (NVP). NVPs are a type of nicotine replacement therapy (NRT). NVPs may assist with smoking cessation treatment by replacing the nicotine you received from cigarettes.

Zefir Disposable may assist with the cessation of smoking as an alternative source of nicotine to help reduce the withdrawal symptoms associated with nicotine dependence.

Zefir Disposable contains liquid nicotine. Zefir Disposable is a complete unit to be discarded once used.

2. What should I know before I use Zefir Disposable?

Warnings

Do not use Zefir Disposable if:

- you are allergic to nicotine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- you are a non-smoker.
- you do not have an existing nicotine dependence.

Tell your doctor or pharmacist if you:

- take any medicines for any other conditions;
- have allergies to any other medicines;
- have heart disease or an irregular heartbeat;
- have high blood pressure;
- have a history of chest pain, heart attack or stroke;
- have blood circulation problems;
- have a blood vessel disorder such as Buerger’s disease, Prinzmetal angina, or Raynaud’s syndrome;
- have liver or kidney disease;
- have a stomach ulcer;
- have tumour of the adrenal gland.
- have insulin-dependent diabetes;
- have an overactive thyroid or
- have asthma or other breathing disorder.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6: Are there any side effects?

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant. Smoking during pregnancy has risks such as poor growth of your baby before birth, premature birth or stillbirth. Stopping smoking is the best way to improve both your health and that of your baby. Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed. Zefir Disposable should not be used while breastfeeding.

Children

Do not give this medicine to a someone under the age of 18 years.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Zefir Disposable and affect how it works.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Zefir Disposable.

4. How do I use Zefir Disposable?

Follow the directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

How much to take / use

- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take / use Zefir Disposable

Zefir Disposable should be used when you feel the need to smoke a cigarette.

How to use Zefir Disposable

How to use Zefir Disposable

1. Remove the Disposable from the packaging.
2. Take off the mouthpiece cap.
3. Slowly peel off the PEEL HERE, silver sticker at the bottom of the vape
4. To start, place your lips around the mouthpiece slowly and draw vapour into your mouth.
5. Hold the vapour in your closed mouth for a few seconds.
6. Open your mouth and breathe in the vapour to your lungs (not a swallow).
7. Exhale after the vapour is in lungs.

If you forget to use Zefir Disposable

Zefir Disposable is a form of nicotine replacement therapy to assist with your smoking cessation treatment. If you stop using your Zefir Disposable abruptly you may experience nicotine withdrawal symptoms. Some of these symptoms include:

- feeling restless or having difficulty concentrating
- sleeping difficulties
- feeling irritable or anxious
- an increased feeling of hunger or weight gain.
- cold symptoms such as coughing, sore throat and sneezing

If you use too much Zefir Disposable

If you think that you have used too much of your Zefir Disposable, you may need urgent medical attention.

Symptoms of nicotine overdose include:

- bad headaches
- dizziness
- upset stomach
- drooling
- vomiting
- diarrhoea
- cold sweats
- blurred vision
- hearing difficulties
- confusion
- weakness

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Zefir Disposable?

Things you should not do

- Do not use Zefir Disposable if you do not have an existing nicotine dependence.
- Do not use Zefir Disposable if you are allergic to nicotine or any ingredient listed.
- Dual use of Zefir Disposable with cigarette smoking is not recommended.
- Do not continue to smoke whilst using Zefir Disposable.
- Do not give your Zefir Disposable to anyone else, even if they have the same condition as you.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Zefir Disposable affects you.

Zefir Disposable may cause dizziness in some people. Please refer to: If you use too much Zefir Disposable

Looking after your medicine

- Keep your Zefir Disposable sealed in its pack until required for use.
- For best performance, prevent residue by keeping these areas clean and dry:
 - Mouthpiece
 - Inside the device
 - Charging contacts
- Use a cotton swab to clean, dampen it with isopropyl alcohol and dry thoroughly.

Follow the instructions in the carton on how to take care of your medicine properly.

Store your Zefir Disposable in a cool dry place away below 25°C, away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep your Zefir Disposable where young children cannot reach it.

When to discard your medicine

Do not use this medicine after its expiry date. If you do use it past its expiry date it may not work effectively.

Getting rid of any unwanted medicine

If you no longer need to use the Zefir Disposable or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

When you stop smoking you may experience symptoms related to stopping such as restlessness and trouble concentrating or sleeping, irritability, anxiety, increase in appetite and weight gain.

See the information below about the side effects and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

- Coughing
- Dehydration
- Dizziness
- Dry nose
- Eye irritation
- Exacerbation of asthma in people with pre-existing asthma
- Headaches
- Nausea
- Sensitive teeth
- A sore throat/dry throat/throat irritation
- Stomach aches
- Tongue sensitivity/tongue numbness/loss of taste

What to do

Speak to your doctor or pharmacist if you have any of these side effects and they worry you.

Serious side effects

- Fast or irregular heartbeat (tachycardia)
- Swelling of your face, lips mouth or throat
- Difficulty breathing/shortness of breath
- Seizure

What to do

Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is only available with a doctor's prescription.

What Zefir Disposable contains

Active ingredient (main ingredient)

600 puff approximately

Nicotine benzoate equivalent to 20 mg/ml (42.8 mg total nicotine per Disposable)

Nicotine benzoate equivalent to 40mg/ml (85.6 mg total nicotine per Disposable)

Other ingredients (inactive ingredients)

Vegetable glycerin

Propylene glycol

Benzoic acid

Food grade colouring

Do not take this medicine if you are allergic to any of these ingredients.

What Zefir Disposable looks like

Zefir Disposable is available in six flavours:

- Virginia Tobacco
- Menthol
- Mango
- Berry
- Peach
- Watermelon

Zefir Disposable is available in two strengths:

- 20mg/ml (42.8 mg total nicotine per Disposable)
- 40mg/ml (85.6 mg total nicotine per Disposable)

Mandatory Product Warnings

- KEEP OUT OF REACH OF CHILDREN
- Product cannot be swallowed
- Avoid contact with eyes
- Avoid contact with skin

Who distributes Zefir Disposable?

**Zefir Vape Pty Ltd
(ACN 630 698 654)**

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