

**zefir vape®**

**Consumer Medicine Information (CMI) summary**

The full CMI on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

**WARNING:** Important safety information is provided in the full CMI. Read before using this medicine.

**1. Why am I using Zefir Vape?**

Zefir Vape contains the active ingredient nicotine benzoate. Zefir Vape is a type of nicotine replacement therapy (NRT). NRT can assist people who wish to cease smoking cigarettes.

To learn more, read Section 1: Why am I using Zefir Vape? in the full CMI.

**2. What should I know before I use Zefir Vape?**

Do not use if you have ever had an allergic reaction to nicotine or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section 2. What should I know before I use Zefir Vape? in the full CMI.

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**3. What if I am taking other medicines?**

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

A list of these medicines is in Section 3. What if I am taking other medicines? in the full CMI.

**4. How do I use Zefir Vape?**

• If Zefir Vape is prescribed by your doctor, follow the dosage instructions provided by your prescribing doctor.

More instructions can be found in Section 4. How do I use Zefir Vape? in the full CMI.

**5. What should I know while using Zefir Vape?**

Things you should do	<ul style="list-style-type: none"> <li>Remind any doctor, dentist or pharmacist you visit that you are using Zefir Vape and that you have heart disease, irregular heartbeats, high blood pressure, history of heart attack or stroke, blood circulation problems, blood vessel disorder, liver or kidney disease, a stomach ulcer, tumour of the adrenal gland, insulin dependent diabetes, overactive thyroid or asthma or breathing disorder.</li> <li>Tell your doctor or pharmacist if you are pregnant or are planning on becoming pregnant.</li> </ul>
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What not to do	<ul style="list-style-type: none"> <li>Do not use Zefir Vape if you are allergic to nicotine or any of the ingredients listed at the end of this leaflet.</li> <li>Do not abruptly cease this medication- you may experience withdrawal symptoms</li> <li>Do not use this medicine if you are a non-tobacco user or do not have a nicotine dependence.</li> </ul>
Driving or operating machinery	<ul style="list-style-type: none"> <li>Zefir Vape may cause dizziness in some people. Be careful before you drive or operate machinery.</li> </ul>
Looking after your medicine	<ul style="list-style-type: none"> <li>Keep your Zefir Vape pods in their blister pack until required. Store them in a cool dry place below 25 °C away from moisture heat or sunlight.</li> <li>Keep out of reach of children and pets.</li> </ul>

For more information, see Section 5. What should I know while using Zefir Vape? in the full CMI.

**6. Are there any side effects?**

Using Zefir Vape in conjunction with any other nicotine-containing products can increase your risk of nicotine overdose. Overdose symptoms include dizziness, fast heartbeat, nausea or vomiting and weakness. If this occurs you should phone the Poisons Information Centre by calling **13 11 26**, or contact your doctor, or go to the Emergency Department at your nearest hospital.

For more information, including what to do if you have any side effects, see Section 6. Are there any side effects? in the full CMI.

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**Active ingredient(s): Nicotine Benzoate**

**Consumer Medicine Information (CMI)**

This leaflet provides important information about using Zefir Vape. **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 Vape.**

Where to find information in this leaflet:

- Why am I using Zefir Vape?
- What should I know before I use Zefir Vape?
- What if I am taking other medicines?
- How do I use Zefir Vape?
- What should I know while using Zefir Vape?
- Are there any side effects?
- Product details

**1. Why am I using Zefir Vape?**

**Zefir Vape contains the active ingredient nicotine benzoate.**

Zefir Vape is a nicotine vaping product (NVP). NVP's are a type of nicotine replacement therapy (NRT). NVPs may assist with smoking cessation treatment by replacing the nicotine you received from cigarettes. Furthermore, they aid in quitting smoking by replicating the hand to mouth routine that smokers are used to.

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

Zefir Vape contains liquid nicotine. Zefir Vape is designed to be used with the Zefir device.

**2. What should I know before I use Zefir Vape?**

**Warnings**

**Do not use Zefir Vape 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 the 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 condition;
- have allergies to any other medicines;
- heart disease, irregular heartbeats;
- high blood pressure;
- history of chest pain, heart attack or stroke;
- blood circulation problems;
- a blood vessel disorder such as Buerger's disease, Prinzmetal angina, or Raynaud's syndrome;
- liver or kidney disease;
- a stomach ulcer;

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- tumour of the adrenal gland.
- insulin-dependent diabetes;
- overactive thyroid or
- 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 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.

If you are a tobacco user while pregnant, it could lead to complications such as inadequate fetal growth, premature delivery or stillbirth. The most effective step you can take to improve your and your unborn baby's health is to quit smoking. By quitting as soon as possible, you will maximise the benefits for both your well-being and your baby's development.

During pregnancy, the optimal course of action is to cease smoking without relying on Zefir Vape. It is advisable to act promptly upon becoming pregnant and to restrict the usage of Zefir Vape. The overarching objective should be smoking cessation, with the use of Zefir Vape being contingent upon medical advice.

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Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Tobacco smoke can lead to respiratory issues and other complications in infants and young children. It is recommended that breastfeeding individuals endeavor to cease smoking without relying on Zefir Vape.

If direct cessation efforts prove unsuccessful, it is advisable to consult with your doctor for guidance on safer methods to quit smoking.

**Children**

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

**3. What if I am taking other medicines?**

Tell your doctor about all medicines, vitamins, or supplements you are taking, including those without a prescription.

**Some medicines may interfere with Zefir Vape and alter its effectiveness.**

Similarly, Zefir Vape may affect the functionality of other medicines. It is important to seek the advice of your doctor or pharmacist in relation to any possible interactions between Zefir Vape and your current medication.

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**Ask your doctor or pharmacist if you're unsure about how your medications or supplements might interact with Zefir Vape.**

**4. How do I use Zefir Vape?**

Follow your doctor's or pharmacist's instructions carefully.

**How much to take/use?**

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

**When to use Zefir Vape?**

- Zefir Vape should be used when you crave a cigarette.

**How to use Zefir Vape Pod in the Zefir device?**

- Remove the Zefir device.
- If the device needs to be charged, unfold the USB-C cord from the box and plug the small end of the USB-C cable into the Zefir Vape device and the other end into a computer or a power bank.
- The device is fully charged when all four (4) white LEDs light up.
- Once fully charged select your preferred pod flavor and remove it from the blister pack.
- Remove the grey cap from the top of the pod, the cover from the bottom of the pod and the red silicone film bottom of the pod, then insert the pod into the top of the Zefir device.
- A light will flash, and the device will vibrate indicating successful connection of the Zefir Vape pod and the device.

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- To start, place your lips around the mouthpiece slowly draw vapor into your mouth.
- Hold the vapour in your closed mouth for a few seconds.
- Open your mouth and breathe in the vapour to your lungs (not a swallow).
- Exhale after vapour is in lungs.
- Once the pod is empty you can remove it, dispose it and replace it with a new one. Do not open or attempt to open the pod.

**If you forget to use Zefir Vape**

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

- Feeling restless or having difficulty concentrating
- Sleeping difficulties
- Feeling irritable or anxious
- You may experience hunger or gain weight.
- Cold symptoms such as coughing, sore throat and sneezing

**If you use too much Zefir Vape**

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

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**Symptoms of nicotine overdose include:**

- Bad headaches
- Dizziness
- Upset stomach
- Drooling
- Vomiting
- Diarrhea
- 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 Vape?**

**What not to do**

- Do not use Zefir Vape if you do not have an existing nicotine dependence.
- Do not use Zefir Vape if you are allergic to nicotine or any

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ingredients listed.

- Do not continue to smoke whilst using Zefir Vape.
- Do not give your Zefir Vape to anyone else, even if they have a similar condition.

**Driving or operating machinery**

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

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

**Looking after your medicine**

Keep your Zefir Vape sealed in their blister pack until required for use.

- Store your Zefir Vape in a dry place below 25 °C
- For best performance, prevent residue by keeping the following areas clean and dry:
  - Mouthpiece
  - Inside the device
  - Charging contacts
- Use a cotton swab to clean, dampen it with isopropyl alcohol and dry thoroughly.

Store it in a cool dry place 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.

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**Keep it 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 and may be harmful.

**Getting rid of any unwanted medicine**

When your Zefir Vape is no longer needed or has expired, please dispose of it correctly.

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 associated with quitting 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.

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**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
- Seizures

**What to do**

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

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**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 sought medical advice for any side effects you experienced, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://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**

Zefir Vape contains the following ingredients:

Active ingredient (main ingredient)	Nicotine Benzoate
Other ingredients (inactive ingredients)	Vegetable glycerin Propylene glycol Flavouring

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

**What Zefir Vape looks like?**

Zefir Vape is available in three (3) flavours:

- Tobacco
- Menthol
- Mint

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Zefir Vape is available in three (3) strengths:

- 0 mg/mL (Zero-Nicotine)
- 20mg/mL (32.86 mg of Nicotine Benzoate per mL)
- 40mg/mL (69.3 mg of Nicotine Benzoate per mL)

Zefir Vape is not a registered medicine with the Australian Register of Therapeutic Goods (ARTG) and is therefore considered an "unapproved" therapeutic good. At the time of preparing this leaflet, there are no NVPs approved for the ARTG.

Zefir Vape has not been assessed by the TGA for quality, safety, or efficacy. Vaping products carry certain risks, and the long-term health effects of nicotine vaping remain uncertain. Additionally, the evidence regarding their effectiveness in supporting smoking cessation is currently inconclusive. If you experience any adverse effects, discontinue use and seek medical advice immediately.

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**Mandatory Product Warnings**

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

**Who distributes Zefir Vape?**

Zefir Vape Pty Ltd (ACN 630 698 654)  
Suite 1505, Level 15, Tower 1, 520 Oxford Street, Bondi Junction, NSW 2022, Australia.  
ABN: 18 822 526 162.

For further information on this product, please contact us on:

**Website:** [www.zefirvape.com.au](http://www.zefirvape.com.au)  
**Email:** [support@zefirvape.com.au](mailto:support@zefirvape.com.au)  
**Phone:** 1300 186 249

This information sheet was last updated in September 2024.

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