

Nicotine Replacement Therapy (NRT) Products

The Cooper Clayton Method to Stop Smoking recommends that you use Nicoderm CQ patches, COMMIT Lozenges, or Nicorette gum (4MG). This is based on scientific evidence. Dr. Cooper and Dr. Clayton **do not** receive profit from these products.

PRODUCT	RECOMMENDED USAGE	PEAK TIME	AVERAGE NICOTINE LEVEL
Nicorette Gum (2MG)	12 pieces per day	15-20 mins.	8 ng/ml
Nicorette Gum (4MG)	12 pieces per day	15-20 mins.	14-16 ng/ml
COMMIT Lozenge	12 pieces per day	15-20 mins.	16-18 ng/ml
Nicoderm CQ 21 MG	1 Patch in 24 hours	2-4 hours	17 ng/ml
Store Brand (numerous companies)	1 Patch in 24 hours	6-12 hours	11-13 ng/ml
Nicotrol Patch (15MG)	1 Patch every 16 hours	5-10 hours	9 g/ml

- An average smoker has a nicotine level of 18-35 nanograms per milliliter of blood (ng/ml).
- Lozenges are similar to gum and provide 25% higher nicotine blood levels.
- Generic brand patches deliver only 44-70% of the nicotine levels of a Nicoderm CQ patch.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.