

# PHIX<sup>®</sup>

## PHIX 6000 MINT 18MG/ML (POD)

### CONSUMER MEDICINE INFORMATION (CMI)

This leaflet provides important information about using PHIX 6000 MINT 18MG/ML (POD). 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 PHIX 6000 MINT 18MG/ML (POD).

#### 1. Why am I using PHIX 6000 MINT 18MG/ML (POD)?

PHIX 6000 MINT 18MG/ML (POD) contains the active ingredient nicotine.

PHIX 6000 MINT 18MG/ML (POD) is a nicotine vaping product designed to assist in quitting smoking. It works by supplying the nicotine traditionally obtained from cigarettes and mimicking the hand-to-mouth action of smoking, facilitating the transition away from cigarette use.

PHIX 6000 MINT 18MG/ML (POD) may aid in smoking cessation.

PHIX 6000 MINT 18MG/ML (POD) may aid in the management of nicotine dependence.

PHIX 6000 MINT 18MG/ML (POD) pods are filled

with a diluted nicotine solution that, when used with the PHIX 6000 MINT 18MG/ML (POD) vaporising device, is converted into vapour for inhalation. This process provides a substitute for the nicotine usually obtained from smoking cigarettes.

The combination of the device and pods, when used together, is known as the PHIX 6000 MINT 18MG/ML (POD) System.

Utilising the PHIX 6000 MINT 18MG/ML (POD) System delivers nicotine to help alleviate withdrawal symptoms such as nausea or irritability, commonly experienced by individuals attempting to quit smoking. It also aids in reducing cigarette cravings and supports efforts to resist the urge to smoke.

#### 2. What should I know before I use PHIX 6000 MINT 18MG/ML (POD)?

##### WARNINGS

**Do not use PHIX 6000 MINT 18MG/ML (POD) 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 do not have an existing nicotine dependence.

**Check with your doctor if you:**

- have an uncontrolled, overactive thyroid gland. Nicotine may make your symptoms worse.
- have heart or circulation problems including heart failure or stable angina or high blood pressure or have had a stroke. If you are in hospital because of a heart attack, severe heart rhythm disturbances or a stroke, you should try to quit smoking without using PHIX 6000 MINT 18MG/ML (POD) unless your doctor tells you to use it. Once you are discharged from hospital, you may use PHIX 6000 MINT 18MG/ML (POD) in consultation with your doctor.
- have any serious liver or kidney disease. You may be more prone to side effects.

- are a diabetic. If you have diabetes you should monitor your blood sugar levels more often than usual when starting PHIX 6000 MINT 18MG/ML (POD) as you may find your insulin or other medication requirements alter.
- have been diagnosed as having a tumour of the adrenal glands (phaeochromocytoma). Nicotine may make your symptoms worse.
- have a history of epilepsy or are taking medicine to control any fits or seizures.
- have stomach or duodenal ulcers or an inflamed oesophagus or gullet (the passage between the mouth and the stomach) because PHIX 6000 MINT 18MG/ML (POD) can make your symptoms worse.

If you have not told your doctor or pharmacist about any of the above, tell them before you use PHIX 6000 MINT 18MG/ML (POD).

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 if you are pregnant or intend to become pregnant.

Smoking during pregnancy can lead to complications such as inadequate foetal growth, premature delivery, or stillbirth. The most effective measure for enhancing your health and that of your unborn child is to quit smoking. The sooner you stop, the greater the benefits for both your well-being and your baby's development.

If you're pregnant, the ideal scenario is to quit smoking without relying on PHIX 6000 MINT 18MG/ML (POD). Should direct attempts to quit prove unsuccessful, your doctor might advise using PHIX 6000 MINT 18MG/ML (POD) as a safer alternative for your baby compared to continuing smoking. It's recommended to make this decision early in pregnancy and to limit PHIX 6000 MINT 18MG/ML (POD) use to 2-3 months.

The primary goal is to quit smoking, and PHIX 6000 MINT 18MG/ML (POD) should only be used upon medical advice.

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

Tobacco smoke causes breathing difficulties and other problems in babies and children. Ideally, if you are breastfeeding, you should try to stop smoking without using PHIX 6000 MINT 18MG/ML (POD)

PHIX 6000 MINT 18MG/ML (POD) is not recommended for use during breastfeeding. Instead, nicotine replacement therapy (NRT) products that are used intermittently, such as gum or lozenges, are advised. To minimise nicotine exposure to the baby, it's best to breastfeed just before using these NRT products. This strategy ensures that the baby is exposed to the lowest possible amount of nicotine.

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

Inform your healthcare provider or pharmacist about any medications you are currently taking, including over-the-counter medicines, vitamins, and supplements purchased without a prescription from pharmacies, supermarkets, or health food shops.

Some medicines may interfere with PHIX 6000 MINT 18MG/ML (POD) and affect how it works.

The effectiveness of PHIX 6000 MINT 18MG/ML (POD) may be influenced by other medications you are taking, and likewise, PHIX 6000 MINT 18MG/ML

(POD) can affect how other medicines work. It's important to consult with your pharmacist or doctor regarding any potential interactions with medications you are using. They can provide specific guidance on how to manage these interactions.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect PHIX 6000 MINT 18MG/ML (POD).

## **4. How do I use PHIX 6000 MINT 18MG/ML (POD)?**

### ***How much to take / use***

1. Follow the instructions provided with the PHIX 6000 MINT 18MG/ML (POD) and;
2. Follow all directions given to you by your doctor or pharmacist carefully. These directions may differ from the information contained in this leaflet.
3. If you do not understand the instruction, ask your doctor or pharmacist for help.
4. Use the PHIX 6000 MINT 18MG/ML (POD) System when you feel the urge to smoke. It should be used as a direct alternative for smoking.

### ***When to take / use PHIX 6000 TOBACCO 18MG/ML (POD)***

PHIX 6000 MINT 18MG/ML (POD) should be used when you feel the urge to smoke. It should be used as a direct alternative for smoking.

### ***How to use PHIX 6000 TOBACCO 18MG/ML (POD)***

1. Remove pod from packaging. Remove any protective covers.
2. Insert the pod into the PHIX 6000 MINT 18MG/ML (POD) device. Firmly press the pod into the device.
3. For the best experience, prior to first using the PHIX 6000 MINT 18MG/ML (POD) device, ensure the device is fully charged using the provided charger.
4. The LED indicator light on the device will show the current charge level.
5. PHIX 6000 MINT 18MG/ML (POD) device is simple to use. It activates when you draw through the mouthpiece.
6. To start, place the mouthpiece between your lips

about halfway along the mouthpiece.

7. Draw firmly for 2 to 3 seconds. Aim to draw enough air through the device to fill your mouth. Then immediately inhale deeply and exhale slowly. It's not unusual to cough when you first start, but this will ease with continued use.
8. Wait at least 20 seconds before your next draw. This will allow the device to reset for the next puff and will enable you to see if your cravings have been satisfied.

9. Note If the device light flashes, it may indicate a connection error or an empty pod. Try removing and reinserting the pod or replace it with a new one if it appears to be empty.

For further information about using the PHIX 6000 MINT 18MG/ML (POD) device, please consult the User Guide provided with the device.

### **If you forget to use PHIX 6000 MINT 18MG/ML (POD)**

PHIX 6000 MINT 18MG/ML (POD) is designed as a substitute for smoking cigarettes, aiding in the cessation process. It should be used strictly according to medical or pharmaceutical advice to ensure its effectiveness and safety.

*If you stop using PHIX 6000 MINT 18MG/ML (POD) suddenly, you may experience symptoms of nicotine withdrawal. Common symptoms of nicotine withdrawal include:*

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1. Feeling tense and irritable | 4. Constipation and gas Insomnia |
| 2. Depression                  | 5. Difficulty concentrating      |
| 3. Appetite changes            | 6. Cough and cold-like symptoms  |

### **If you use too much PHIX 6000 MINT 18MG/ML (POD)**

If you think that you have used too much PHIX 6000 MINT 18MG/ML (POD), you may need urgent medical attention.

Using the PHIX 6000 MINT 18MG/ML (POD) System while smoking or consuming any other nicotine-containing products could lead to nicotine

overdose. Nevertheless, if PHIX 6000 MINT 18MG/ML (POD) is utilised according to the instructions outlined within the provided instructions the likelihood of experiencing a nicotine overdose is low.

Always follow the recommended usage guidelines to minimise risks.

*Symptoms of nicotine overdose include:*

- |                  |              |               |               |
|------------------|--------------|---------------|---------------|
| 1. Headache      | 4. Drooling  | 7. Cold sweat | 10. Fainting  |
| 2. Dizziness     | 5. Vomiting  | 8. Confusion  | 11. Pale skin |
| 3. Stomach upset | 6. Diarrhoea | 9. Weakness   | 12. Tremor    |

In cases of a significant overdose, symptoms may include extreme fatigue, seizures, low blood pressure, potential circulatory failure, and respiratory difficulties. It's critical to seek immediate medical attention if such symptoms are observed.

***You should immediately:***

- phone the Poisons Information Centre (by calling 000), or

- go to the Emergency Department at your nearest hospital.

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

**WARNING**, children are more likely to be affected by nicotine and it could cause severe toxicity which may be fatal.

## **5. What should I know while using PHIX 6000 MINT 18MG/ML (POD)?**

***Things you should not do***

- Do not use PHIX 6000 MINT 18MG/ML (POD) if you are allergic to nicotine or any of the ingredients listed at the end of this leaflet.
- Do not use PHIX 6000 MINT 18MG/ML (POD) if you do not have an existing nicotine dependence.
- Do not use PHIX 6000 MINT 18MG/ML (POD) to treat any other complaint unless your doctor or pharmacist says it is safe. This medicine is for the named patient for whom it is prescribed only.
- Do not give this medicine to anyone else even if they have the same symptoms as you.

It is discouraged to use PHIX 6000 MINT 18MG/ML (POD) in conjunction with combustible cigarette smoking.

PHIX 6000 MINT 18MG/ML (POD) is intended to support smoking cessation by replacing cigarettes. Dual use is discouraged.

### **Driving or using machines**

Be careful before you drive or use any machines or tools until you know how PHIX 6000 MINT 18MG/ML (POD) affects you.

PHIX 6000 MINT 18MG/ML (POD) may cause dizziness in some people. See Section: if you use too much PHIX 6000 MINT 18MG/ML (POD).

### **Storage of your medicine**

Keep the PHIX 6000 MINT 18MG/ML (POD) pods sealed in their packaging until needed and store between 18 – 30°C in a cool dry well-ventilated place away from direct sunlight and damp conditions.

Store away from moisture, heat or sunlight; for example, do not store it.

1. In the bathroom or near a sink, or
2. In the car or on windowsills.

Keep it where young children and pets cannot reach it. New and used PHIX 6000 MINT 18MG/ML (POD) pods contain nicotine, which can be harmful.

### **When to discard your medicine**

Do not use this medicine after the expiry date (EXP.) printed on the pack. If you use it after the expiry date has passed, it may not work as well.

Do not use if the packaging is torn, shows signs of tampering or if the packaging is damaged.

### **Product disposal**

When your PHIX 6000 MINT 18MG/ML (POD) device and or pods are no longer required, take the pods to any pharmacy for disposal.

- Do not put your PHIX 6000 MINT 18MG/ML (POD) in regular household waste.
- Please recycle the box and dispose of all other packaging responsibly.

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for 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.

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

Do not be alarmed by the following list of side effects. You may not experience any of them.

### ***Less serious side effects include:***

- |                  |             |                |                      |                         |
|------------------|-------------|----------------|----------------------|-------------------------|
| • Nausea         | • Diarrhoea | • Dry mouth    | • Sleep disturbances | • Tiredness or weakness |
| • Stomach upsets | • Dizziness | • Indigestion  | • Tremors            |                         |
| • Vomiting       | • Headache  | • Constipation | • Nervousness        | • Increased sweating    |

### **What to do:**

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

### **Serious side effects**

#### ***Serious side effects include:***

- Fast or very irregular heartbeat
- Swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing

**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. These are the most common side effects, if other side effects occur, please contact a doctor or pharmacists.

### **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](http://www.tga.gov.au/reporting-problems).

By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

## **7. Product details**

This product is available as a Pharmacist Only Medicine

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

### ***PHIX 6000 MINT 18MG/ML (POD) contains***

- Active ingredient: Nicotine (as nicotine benzoate)
- Other ingredients: Propylene glycol, vegetable glycerin, flavouring

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

### **What PHIX 6000 MINT 18MG/ML (POD) looks like**

PHIX 6000 MINT 18MG/ML (POD) pods are available in various flavours and nicotine strengths. Please consult your doctor or pharmacist for available options.

PHIX 6000 MINT 18MG/ML (POD) is not a registered medicine on the Australian Register of Therapeutic Goods. NVPs have not been approved as smoking cessation aids in Australia. These products are considered 'unregistered' medical products, and the Therapeutic Goods Administration (TGA) has not evaluated them for quality, safety and effectiveness.

### **Who distributes PHIX 6000 MINT 18MG/ML (POD)**

DreamField Pharma Pty Ltd  
Address: PO Box, Emerald, Victoria 3782  
Email: [info@dreamfield.com.au](mailto:info@dreamfield.com.au)  
Visit: [www.dreamfield.com.au](http://www.dreamfield.com.au)

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