



Consumer Medicine Information (CMI)

WILD BY INSTINCT CLOSED PODS

ACTIVE INGREDIENT: NICOTINE

This leaflet provides important information about using WILD BY INSTINCT. 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 WILD BY INSTINCT.

Where to find information in this leaflet:

1. What WILD BY INSTINCT is used for
2. Before you use WILD BY INSTINCT
3. What if I am taking other medicines?
4. Using WILD BY INSTINCT
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1. WHAT WILD BY INSTINCT IS USED FOR

WILD BY INSTINCT closed pods contains the active ingredient nicotine. WILD BY INSTINCT closed pods is a nicotine vaping product which may aid in smoking cessation by replacing the nicotine you are used to getting from cigarettes and by replicating the hand-to-mouth action associated with smoking. Using WILD BY INSTINCT closed pods provides nicotine which can reduce your cravings for a cigarette and help you to resist the urge to smoke.

2. BEFORE YOU USE WILD BY INSTINCT

Warnings

Do not use WILD BY INSTINCT 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.
- have heart or circulation problems including heart failure or stable angina or high blood pressure or have had a stroke.
- 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 WILD BY INSTINCT as you may find your insulin or other medication requirements alter.
- have been diagnosed as having a tumour of the adrenal glands (phaeochromocytoma).
- 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

If you have not told your doctor or pharmacist about any of the above, tell them before you use WILD BY INSTINCT. 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.

Pregnancy and breastfeeding

Check with your doctor 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 still-birth. Stopping smoking is the best way to improve both your health and that of your baby. The earlier you stop smoking, the better.

Ideally, if you are pregnant, you should stop smoking without using INRT. However, if you have tried and this hasn't worked, your doctor may recommend you use INRT to help you stop smoking. This is because it is better for your developing baby than if you carry on smoking. The decision to use INRT should be made as early on in your pregnancy as possible, and you should aim to use it for only 2-3 months. Remember, the most important thing is to stop smoking.



Talk to your doctor if you are breastfeeding or intend to breastfeed. Tobacco smoke causes breathing difficulties and other problems in babies and children. WILD BY INSTINCT should not be used while breastfeeding. You should use NRT products that are taken intermittently (e.g. gum or lozenges) and breastfeed just before you take the product. This helps your baby to get the smallest amount of nicotine possible.

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 WILD BY INSTINCT and affect how it works. Other medicines may be affected by WILD BY INSTINCT or affect how well WILD BY INSTINCT works. Your pharmacist or doctor can advise you what to do if you are using any of these medicines.

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

4. USING WILD BY INSTINCT

How much to use

- Follow all directions given to you by your doctor or pharmacist carefully.
- These directions may differ from the information contained in this leaflet.
- Use the WILD BY INSTINCT when you feel the urge to smoke. It should be used as a direct alternative for smoking.
- Follow the instructions provided and use WILD BY INSTINCT until your doctor tells you to stop.

When to use WILD BY INSTINCT

- WILD BY INSTINCT should be used when you feel the urge to smoke. It should be used as a direct alternative for smoking.



How to use WILD BY INSTINCT Closed Pods

- Remove the white silicone safety cap and mouthpiece plug from the pod.
- Insert the pod into the top of the WILD BY INSTINCT device. It will secure itself automatically via the magnets.
- The WILD BY INSTINCT device is simple to use requiring no buttons to turn on/off and activates only when you draw through the mouthpiece.
- To start, place the mouthpiece between your lips about halfway along the mouthpiece. Ensure that the device is angled downwards during use.
- Draw firmly for 2 to 3 seconds. Aim to draw enough air through the device to fill your mouth. Inhale and then exhale slowly. It's not unusual to cough when you first start, but this will ease with continued use.
- Note – a flashing red light ring means your pod may be empty, or there may be a fault with the pod or the device. Try removing the pod and re-inserting or replace with a new pod.

For further information about using the WILD BY INSTINCT device, please consult the User Manual provided with the device.

If you forget to use WILD BY INSTINCT

WILD BY INSTINCT is intended for use as a replacement for cigarette smoking and for the purposes of smoking cessation. Always use WILD BY INSTINCT in line with the directions of your doctor or pharmacist. If you stop using WILD BY INSTINCT suddenly, you may experience symptoms of nicotine withdrawal. Common symptoms of nicotine withdrawal include:

- Feeling tense and irritable
- Depression
- Appetite changes
- Constipation and gas
- Insomnia
- Difficulty concentrating
- Cough and cold-like symptoms

If you use too much WILD BY INSTINCT

If you think that you have used too much WILD BY INSTINCT, you may need urgent medical attention. If you smoke or use any other nicotine containing product while you are using the WILD BY INSTINCT System, you may suffer an overdose of nicotine.



However, if used correctly, nicotine overdose is unlikely. Symptoms of nicotine overdose include:

- Headache
- Dizziness
- Stomach upset
- Drooling
- Vomiting
- Diarrhea
- Cold sweat
- Blurred vision
- Hearing distortion
- Confusion
- Weakness
- Fainting
- Pale skin
- Tremor

If it is a large overdose, there may be exhaustion, convulsions, low blood pressure, circulatory collapse and breathing difficulty.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), 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. In the event of a child playing with a new or used pod contact a doctor or the Poisons Information Centre (telephone 13 11 26) immediately.

5. WHILE USING WILD BY INSTINCT

Things you should not do

- Do not use WILD BY INSTINCT if you are allergic to nicotine or any of the ingredients listed at the end of this leaflet.
- Do not use WILD BY INSTINCT if you do not have an existing nicotine dependence.
- Do not use WILD BY INSTINCT 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 WILD BY INSTINCT in conjunction with combustible cigarette smoking. WILD BY INSTINCT 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 WILD BY INSTINCT affects you. WILD BY INSTINCT may cause dizziness in some people.

Looking after your medicine

Keep the WILD BY INSTINCT pods sealed until needed and store in a cool dry place where the temperature stays below 24o C. Store away from moisture, heat or sunlight.

Keep it where young children and pets cannot reach it. (new and used WILD BY INSTINCT pods contain nicotine, which can be harmful).

When to discard your medicine

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

6. 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. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects. Stopping smoking itself can cause some symptoms such as dizziness, headache, sleep disturbance, cough and cold-like symptoms.

Symptoms such as depression, irritability, anxiety and insomnia may also be related to withdrawal symptoms associated with giving up smoking. You may also get more mouth ulcers than usual. 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

- Nausea
- Stomach upsets
- Vomiting
- Diarrhea
- Dizziness
- Headache
- Dry mouth
- Indigestion Constipation
- Sleep disturbances
- Tremors
- Nervousness
- Tiredness or weakness
- Increased sweating
- Joint and muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- Initiation cough – Short duration coughing after initial usage of WILD BY INSTINCT. Usually resolves with continued use

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

- Fast or very irregular heartbeat
- Swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing. You may have a serious allergic reaction to the medicine

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

7. PRODUCT DETAILS

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

What WILD BY INSTINCT contains:

- Active ingredient (main ingredient): Nicotine
- Other ingredients (inactive ingredients): Propylene glycol, Vegetable glycerin, Lactic acid, Flavours.

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

What WILD BY INSTINCT looks like

WILD BY INSTINCT pods are available in four flavours:

1. Tobacco
2. Mint
3. Menthol

and,

WILD BY INSTINCT pods are available in three strength:

- 20mg/mL (20mg total nicotine per pod). Nicotine Salt
- 30mg/ml (30mg total nicotine per pod). Nicotine Salt
- 50mg/ml (50mg total nicotine per pod). Nicotine Salt



SUPPLIER INFORMATION

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