



NuPathways

FAQ's about the Tobac PAK

What is in the Tobac PAK?

The Tobac PAK consists of the following completely natural, nutritional supplements: amino acids, vitamins, minerals and phospholipids. The formulation can reduce cravings, mood swings and other withdrawal effects from nicotine.

Is there any nicotine in the Tobac Pak?

No. In fact, there are no herbal or unusual chemicals in the Tobac PAK at all.

Do I have to quit cold turkey or can I smoke while using the Tobac PAK?

No, you do not have to quit cold turkey; you can still smoke. That is one of the great benefits of the Tobac PAK. There is no harm. Many people want to gradually cut down before quitting. As the Tobac PAK builds up your natural feel-good chemicals that nicotine has depleted you will have less and less desire to smoke, making it easy to quit all together.

Can I take the Tobac PAK if pregnant?

Yes, since all the ingredients are totally natural nutrients and are actually less likely to be contaminated with pesticides and antibiotics than most food products. But here we must ask you to check with your doctor first before using the Tobac PAK. Remember, nicotine and tobacco by-product exposures can have devastating effects on a child, before or after delivery.

What are your directions for use?

Two packets a day is normal, but you can add a third packet a day if you feel it necessary. It is best to take the packets on an empty stomach, so one hour before a meal or two hours after eating. It is not recommended that you take the packets after the evening meal. Due to the increase in energy, you may have trouble going to sleep.

Can I use the Tobac Pak if I have some medical conditions?

Yes. Again the ingredients in the Tobac PAK are all natural nutrients. And regardless of your medical condition, continuing to smoke is likely to be your most serious risk factor for worsening of that problem. Again we advise you to talk with your doctor before starting the Tobac PAK.

Can I use the Tobac Pak with other medications?

Yes, the ingredients are all natural supplements. It is always wise to check you're your doctor before you start using the Tobac PAK. Also, nicotine can have unintended side effects which complicate those of medications, and the sooner you stop smoking or cut down the better.

Can I drink alcohol while taking the Tobac Pak?

Yes, and many Tobac Pak users notice a decrease in alcohol cravings as well. Alcohol depletes some of the same neurotransmitters as nicotine, so by helping to restore those neurotransmitters, cravings for alcohol and any other psychotropic drug may be less.

How soon will I feel the effects of the Tobac PAK?

Lots of Tobac PAK users notice the effects the first day of use, but everyone is different so it may take 2 or 3 days for some.

Are there any side effects?

Yes. Very serious ones. Improved mood, increased energy, optimism and better concentration. But seriously, some Tobac PAK users have noticed some gas and bloating. This is a sign that the nutrients are working and actually starting to heal your gut. If you experience these symptoms, cut back to one packet a day until your body adjusts then start taking two packets a day.

Will I gain weight?

That is an individual response, but the dopamine enhancement effect again is very helpful. Many diet pills achieve their effects by artificially stimulating dopamine, and when the Tobac Pak does this naturally as nature intended, cravings for food during the nicotine withdrawal stage are usually lessened.

Are there any products I should take after I have gone a month without smoking?

Yes. We recommend our **Prevent**. In a single tablet you have a good multivitamin and multimineral with some of the same amino acids as in the Tobac PAK to help prevent cravings after you have quit.

For more information about **Prevent** call NuPathways at 800-614-7714.

Disclaimer: The information contained in this document is for educational purposes only and it should not be followed without first consulting with a healthcare professional who is knowledgeable about CAM (Complementary/Alternative Medicine), Integrative and/or Orthomolecular Medicine. If you have any known medical or psychiatric disorder you should first follow the recommendations of your healthcare professional before taking nutritional supplements. The statements contained in this document have not been approved by the Food and Drug Administration (FDA).

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