

Consumer Medicine Information (CMI) summary

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

1. How can RELX vaping products help me transition away from smoking?

RELX nicotine pods products contain the active ingredient nicotine, which can be used as a nicotine replacement therapy to help quit smoking. Consumers inhale nicotine-containing aerosols to help quit smoking.

For more information, please see Section 1 in the full CMI.

2. What should I know before I use RELX?

What you should do

- Remind any doctor or pharmacist you visit if you have an overactive thyroid gland; high blood pressure or have had a stroke; serious liver or kidney disease; are a diabetic; a tumour of the adrenal glands; or if you have a history of epilepsy or are taking medicine to control any fits or seizures.
- Inform your doctor if you are pregnant or intend to become pregnant.
- Please store the product unopened at room temperature in a dry environment out of reach of children and pets.

What you should not do

- Do not use it if you have ever had an allergic reaction to nicotine or any of the ingredients listed at the end of the CMI.
- Do not use this medicine if you are a non-smoker or do not have an existing nicotine dependence.

If you come in to physical contact

- If you suspect a person has swallowed or has come into direct skin or eye contact with liquid nicotine, wash with water and seek immediate medical attention.

For more information, please see Section 2 in the full CMI.

3. What should I know while using RELX?

Things you should know.

- Do not stop using this medicine suddenly – you may experience nicotine withdrawal symptoms.
- Use RELX products correctly (strictly follow the instructions on your prescription)
Contact the Poisons Information Centre (13 11 26) and seek urgent medical assistance if you are experiencing nicotine withdrawal symptoms or nicotine overdose symptoms.

What if I am taking other medicines?

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

Are there any side effects?

- Common side effects of nicotine vaping products include: cough, throat irritation, nausea and vomiting, headaches and dizziness. Ask your doctor or pharmacist for advice if you think you have any side effects from your nicotine vaping product.

For more information, please see Section 3, “What should I know while using RELX?”, in the full CMI.

4. How do I use RELX?

RELX is intended for use as a replacement for cigarette smoking and for the purposes of smoking cessation. Always use RELX in consultation with your doctor or pharmacist.

For more information, please see Section 4 in the full CMI.

5. What do RELX nicotine pods contain?

Active ingredients:

Nicotine benzoates, with a nicotine content of 35mg/ml or 46 mg/ml.

Inactive ingredients:

Propylene Glycol, Glycerin and flavours.

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

For more information, please see Section 5 in the full CMI.

6. Which RELX pods and devices are available?

- RELX Devices: RELX Infinity Device & RELX Essential Device

- RELX Nicotine Pods: Available in 2 strengths (35 mg/mL or 46 mg/mL)

All the RELX pods can be used with either the RELX Essential or RELX Infinity device.

For more information, please see Section 6 in the full CMI.

Consumer Medicine Information (CMI)

This leaflet provides important information about using RELX. 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 RELX.

Where to find information in this leaflet:

- 1. Why am I using RELX?**
- 2. What should I know before I use RELX?**
- 3. What should I know while using RELX?**
- 4. How do I use RELX?**
- 5. Product details**
- 6. Which RELX pods products and devices are available?**

1 WHY AM I USING RELX?

This product is a closed RELX electronic cigarette, which consists of a pod and device. As a smoking cessation product, RELX e-cigarettes can provide the active ingredient nicotine to relieve symptoms caused by smoking cessation, such as anxiety or depression. The nicotine in RELX products is usually in the form of nicotine salts, which are less irritating to the throat than conventional nicotine.

RELX products provide a cigarette-like experience when used, further helping patients transition from cigarettes to vaping.

2 WHAT SHOULD I KNOW BEFORE I USE RELX?

Who do we recommend not to use RELX?

- **Non-smokers.** The individuals who have never smoked or used nicotine products, or who have already stopped all use of tobacco or nicotine products.
- **Children and adolescents.**
- **Women who are pregnant or breastfeeding**(nicotine can cause birth defects or reproductive harm).
- **Anyone with pre-existing health conditions.** Individuals with unstable heart conditions, severe hypertension, diabetes, a disorder of the lungs, cancer, or heart and vascular diseases.
- **Those with respiratory illnesses.** Individuals with a history of esophagitis, hiatal hernia, or gastroesophageal reflux disease (GERD).
- **Those who have allergies.** People with particular allergies may experience an allergic reaction or discomfort after use. Consult your doctor prior to use of this product if you suffer from allergies.

What should I pay attention to?

Your vaping product may cause harm to others:

- Don't vape in front of children
- Never share your nicotine vaping product with another person
- Keep out of reach of children and pets
- Avoid eye and skin contact
- Take expired, leftover, or empty nicotine vaping products and devices to a pharmacy for safe disposal.

First-aid treatment:

RELX nicotine pods contain a nicotine solution. Contact with the skin or eyes may cause irritation.

Wash any areas of the skin that comes into contact with the e-liquid thoroughly with water.

For eye contact, flush with water and seek medical attention. If swallowed, rinse the mouth and seek medical attention. When seeking medical advice, have the product containers or label available.

How should the product be stored?

Please store the product in a cool, dry, dark place and at room temperature.

(21-25°C/70-77°F). If this product has been subjected to extreme heat or cold, it is recommended that the product be brought to room temperature before use.

3 WHAT SHOULD I KNOW WHILE USING RELX?

Things you should know:

The symptoms of nicotine withdrawal

Please use RELX products in line with the directions from your doctor or pharmacist. If you stop using RELX products suddenly, you may experience the following withdrawal symptoms:

- Cravings for nicotine
- Anxiety
- Depressed mood
- Insomnia
- Irritability, frustration, anger
- Difficulty concentrating
- Restlessness
- Increased appetite

Symptoms of overdose

Please follow the advice from your doctor or pharmacist when using RELX products. If you experience nicotine overdose, you may have the following symptoms:

Early Phase Symptoms (15 minutes to 1 hour)

- Nausea/Vomiting
- Agitation/Restlessness
- Confusion
- Rapid breathing
- Rapid heart rate
- Headache
- Dizziness
- Increase salivation (drooling)
- Visual or hearing distortions, and burning sensation in the mouth

Late Phase Symptoms (30 minutes to 4 hours)

- Diarrhoea
- Shallow breathing
- Low blood pressure
- Lethargy
- Depression
- Weakness paralysis
- Unconsciousness

If you suspect the above symptoms:

- Seek medical help immediately by calling the Poisons Information Centre at 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.

Are there any side effects?

Possible adverse effects:

- Irritation, cough
- Increased airway resistance
- Chest pain
- Increased blood pressure
- Increased heart rate
- Vomiting
- Nausea
- Headache
- Dizziness
- Stomach pain

If you experience any of the above side effects including any possible side effects not listed in this manual, discontinue using the product. If the side effect(s) continue after you stop use, consult your doctor or healthcare professional.

Reporting side effects

You can help the TGA to monitor the safety of unapproved vaping products by reporting any side effects or problems you have to:

- The TGA at www.tga.gov.au/reporting-problems
- Your doctor or pharmacist.

What if I am taking other medicines?

Talk to your doctor if you have any other medical conditions, are taking any other medicines, are pregnant, plan to become pregnant or are breastfeeding. Your history of hypersensitivity or adverse reactions to medicines, and other medicines you are using will influence treatment choice.

Check with your doctor or pharmacist if you are not sure whether medicines, vitamins, or supplements you are taking will cause side effects while using RELX pods.

Device use warning

- **DO NOT disassemble the device or remove the battery yourself.** If you suspect the battery to be damaged, please contact our Customer Service immediately.
- **Avoid Contact with High Temperatures, Do Not Incinerate.** Avoid contact with high temperatures (above 60°C/140°F).
- **Avoid electrical overload.**
Toxic Exposure Lithium-ion batteries contain caustic and toxic chemical compounds. If the battery is physically damaged or pierced, avoid contact with the skin and eyes and dispose of the device immediately.
- **Do Not Use Damaged Devices.**
- **Do Not Combine with Other Products.** This product is intended to be used with RELX e-liquid pods. Do not combine it with any other product manufactured by others in combination with it, or use RELX e-liquid pods with other vaporisers.

4 HOW DO I USE RELX?

How much to take/use

Please talk to health professionals about your nicotine dependence, tobacco smoking history, previous smoking cessation attempts, medical and lifestyle history, age, pregnancy or breastfeeding status, current medicines, and follow the directions on your prescription.

How long does a RELX pod last?

The number of puffs per RELX pod varies by individual usage. It usually varies between 350-500 puffs.

When to use RELX?

RELX products should be used when you feel the urge to smoke. It should be used as a direct alternative for smoking.

How to use RELX?

No buttons are required to turn on your RELX device. Simply inhale from the mouthpiece. Once you have inserted a RELX pod into your RELX device, you are ready for a unique experience.

1) Prepare the pod for use

Remove the colored protective sleeve and silicone plugs at the top and bottom of the pod.

2) Insert the pod into the device

The device will vibrate and the LED indicator will flash momentarily to indicate a good connection. (Infinity device only)

3) Inhale gently

Begin your RELX vaping experience by inhaling gently.

For further information about using the RELX device, please consult the User Instructions Manual of the device.

5 PRODUCT DETAILS

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

What RELX products contain:

Active ingredients:

Nicotine benzoates, with the nicotine strength of 35mg/ml or 46 mg/ml.

Inactive ingredients:

Propylene Glycol, Glycerin, and flavours.

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

Note – RELX products are fully compliant with TGO 110 standards. All e-liquids were tested for Active Ingredients, Prohibited Ingredients, Contaminants, Nitrosamines, Microbials, Heavy Metals, and Solvents. All results returned non-detects, meaning the substances were not detected at all or were under the method detection limit for the specified test.

6 WHICH RELX POD PRODUCTS AND DEVICES ARE AVAILABLE?

- **RELX Devices:** RELX Infinity Device & RELX Essential Device
- **RELX Nicotine Pods:** Available in 2 strengths (35 mg/mL or 46 mg/mL)
All the RELX pods can be used with either the RELX Essential or RELX Infinity device.

RELX Infinity | ∞ Device: Available in 8 colors:

- Black
- Silver
- Red
- Gold
- Deep Blue
- Green
- Sky Blush
- Arctic Mist

RELX Essential | ⊞ Device: Available in 9 colors:

- Black
- White
- Blue
- Red
- Green
- Steel Blue
- Gold Spark
- Neon Purple
- Blue Glow

Relx Pod are available in 20 flavors: 13 flavours are in 35mg/mL:

- Strawberry Burst
- Watermelon Ice
- Tangy Grape
- Ludou Ice
- Mango
- Orange Sparkle
- Honeydew Melon
- Lime Sparkle
- Pineapple Delight
- Pink Guava
- Lychee Ice
- Root Brew
- Juicy Apple

7 flavours are in 46mg/mL:

- Menthol Plus
- Menthol xtra
- Rich Tobacco
- Smooth Tobacco
- Classic Tobacco
- Lush Tobacco
- Alpine Mint

***Relx Pods are available in packs containing 1 pod.**

What are unapproved nicotine vaping products?

RELX products are considered to be 'unapproved' nicotine vaping products. There are currently no TGA approved nicotine vaping products in the Australian Register of Therapeutic Goods (ARTG). The Therapeutic Goods Administration (TGA) does not assess the safety, quality, and efficacy of 'unapproved' nicotine vaping products. RELX products meet the minimum safety and quality requirements established by TGO 110 for unregistered nicotine vaping products.

Risks of using nicotine vaping products for the patient trying to stop smoking include:

- Unknown long-term health effects
- Intentional and accidental poisoning
- Acute nicotine toxicity, burns, and lung injury
- Unknown effects of dual use with continued smoking

Ask your doctor or pharmacist how to reduce the risks of harm from nicotine vaping.

Use for smoking cessation

Nicotine vaping products are not a first-line treatment to assist with smoking cessation. Nicotine vaping products in combination with ongoing behavioral support may be considered for patients who have not successfully stopped smoking using first-line pharmacotherapies combined with behavioral intervention and are still motivated to stop smoking.

In order to minimise the personal and public health risks associated with the use of nicotine vaping products while maximising the benefits:

- Short-term use is recommended.
- Always use RELX in consultation with your doctor or pharmacist.
- Dual use (i.e., with continued tobacco smoking) should be avoided.

Mandatory product warnings

- Keep out of reach of children
- Avoid contact with eyes
- Avoid contact with skin