

FDA-Approved Treatments for Tobacco Use Disorder		
Treatment	Dose	Most Common Side Effects
Nicotine patch	7 mg, 14 mg, 21 mg/24 hour, depending on nicotine use	Application site reactions
Nicotine gum	2–4 mg every 1–2 hours as needed	Headache, indigestion, nausea
Nicotine lozenge	2–4 mg every 1–2 hours as needed	Headache, indigestion, nausea
Varenicline (Chantix)	Start 0.5 mg/day, increase to 1 mg twice daily	Insomnia, vivid dreams
Bupropion (Wellbutrin, Zyban)	150 mg, either once or twice daily	Tremor, insomnia, weight loss

From the Article:  
**“Detox: An Overview”** by **Michael Weaver, MD**  
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[www.carlataddictiontreatment.com](http://www.carlataddictiontreatment.com)