



A NEW OPTION TO HELP YOU QUIT NICOTINE

What is Cytisine?

- Cytisine, also called cytinicline, is a medicine that helps people quit nicotine from smoking or vaping. It comes from the seeds of the golden chain tree.
- Cytisine is similar to the FDA-approved medication varenicline (formerly branded as Chantix), but unlike varenicline, cytisine is not a synthetic chemical invented in a lab.
- Cytisine has been used safely in Europe since the 1960s.
- Recently, large U.S. studies found cytisine to be effective when compared to a placebo (an inactive medication).

How Does It Work?

Nicotine addiction works by triggering a “reward” signal in your brain whenever you smoke or vape. Cytisine interrupts that process in two ways:

- It calms cravings and withdrawal by stimulating the same brain receptors that nicotine targets — but with a much weaker effect.
- It blocks nicotine from reaching those receptors, so smoking or vaping while taking cytisine feels much less satisfying, which makes it easier to quit.



IS CYTISINE THE RIGHT MEDICATION FOR YOU?

Cytisine may be a great fit if you:

- Are an adult who smokes cigarettes or uses a vape or e-cigarette and wants to quit.
- Want a medicine with a long track record and a natural origin.
- Have chronic obstructive pulmonary disease (COPD). Research shows it works just as well for people with COPD as for those without.
- Have tried varenicline and didn't like the side effects.



What to Expect When You Take Cytisine

- **How long:** 12 weeks (3 mg, three times a day) based on the most recent studies. Staying on this medication the full 12 weeks gives you the best chance of quitting tobacco/nicotine use.
- **When to set your quit date:** Pick a date within the first one to two weeks of starting cytisine.
- **Most common side effects:** Nausea, trouble sleeping and vivid dreams — which are usually mild and often improve as your body adjusts. Taking cytisine with food can reduce nausea.
- **Serious side effects:** None were reported in studies.
- **Can I smoke or vape while taking it?** You can, but smoking or vaping will feel less satisfying. Use this to your advantage.



You are more likely to quit for good when you use medication and have support like counseling, a quitline or text programs, or self help tools like a smartphone app or a self-help guide.



Call **800-784-8669 (800-QUIT NOW)** to connect with your local quitline for free help and resources.