



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER
A MEDICAL CORPORATION

Cytisine for Smoking Cessation

According to the New England Journal of Medicine, September 2011, Cytisine, (Tabex) has proven to be a well tolerated drug that is both an effective and inexpensive method to break the habit of smoking. It is an herbal medication that has been available in Europe for over 40 years. It is now available without a prescription at online websites.

<http://www.tabex.net>
<http://www.biogenicstimulants.com>

Study Methods: Cytisine was studied in a single-center, randomized, double-blind, placebo-controlled trial with patients enrolled for 25 days.

Results: Cytisine was indicated to be more effective than placebo for smoking cessation with minimal side effects. The medication is also lower in price compared with alternative smoking cessation products.

Administration and Dosage:

Cytisine (Tabex) 1.5 mg available in 100 tablet packs

- For the first 3 days: 1 tablet 6 times orally (Every 2 hours) with a parallel reduction in the number of cigarettes smoked
- Smoking cessation should occur by the 5th day after the initiation of treatment

Day 1- 3	1 tablet	Every 2 hours	6 times daily
Day 4-12	1 tablet	Every 2 ½ hours	5 tablets daily
Day 13-16	1 tablet	Every 3 hours	4 tablets daily
Day 17-20	1 tablet	Every 5 hours	3 tablets daily
Day 21-25	1 to 2 tablets	Daily	

Reference: R. West, Zatonski, W., Cedzynska, M., Lewandowska, D., Pazik, J., Aveyard, P., and Stapleton, J. (2011). Placebo-controlled trial of cytosine for smoking cessation. *The New England Journal of Medicine*, 365(13), 1193-1200.