

NicAlert™ fast test for determining the cotinine content of saliva

Was can NicAlert™ do?

You have acquired a NicAlert™ fast test. This test-strip method allows you to detect, in just 30 minutes, your body level of cotinine, a decomposition product of nicotine. Cotinine is produced in the liver, although the decomposition of nicotine varies from person to person. Nicotine is hazardous to health, even for passive smokers.

What do the results mean?

Level 0 corresponds to 0-10 ng/ml cotinine, i.e. *nicotine-free*

Level 1 corresponds to 10-30 ng/ml cotinine: *indicates tobacco consumption, giving up recommended**

Level 2 corresponds to 30-100 ng/ml cotinine: *indicates tobacco consumption, giving up recommended*

Level 3 corresponds to 100-200 ng/ml cotinine: *indicates tobacco consumption, giving up recommended*

Level 4 corresponds to 200-500 ng/ml cotinine: *indicates tobacco consumption, giving up recommended*

Level 5 corresponds to 500-1000 ng/ml cotinine: *indicates tobacco consumption, giving up recommended*

Level 6 corresponds to > 1000 ng/ml cotinine: *indicates tobacco consumption, giving up recommended*

** If the person tested is a non-smoker, he or she is probably exposed to passive smoke*

Carrying out the test

Follow the instructions "Carrying out the test with saliva" on the leaflet enclosed in the pack.

Passive smoking

Are you a non-smoker, but with a level 1 (or even 2) result?

If so, we recommend that you avoid any further exposure to second-hand smoke. Show your workmates and colleagues the test strip as proof of this.

Interpreting the result

As the blue area fades, a series of red stripes appears, usually with graduated coloration. The **result** of nicotine-replacement therapy. The NicAlert™ results let you determine the required amount corresponds to the **lowest level** with a read stripe. If red stripes appear at levels 2, 3 and 4, for example, the result is level **2**.

Stop smoking?

If the result is level 2 or higher, we recommend that you give up smoking, possibly with the aid of nicotine substitute. This makes therapy easier, and enormously increases its chances of a positive outcome. health4u wishes you great success on your decision to give up smoking: NicAlert™ lets you see, at any time, your degree of success in terms of cotinine levels.

Further information is available at: **health4u AG**, carine.abt@health4u.ch