The Food & Drug Administration has warned that both bupropion (Zyban) and varenicline (Chantix) have been associated with serious adverse effects, including hostility, agitation, depressed mood, and suicidal thoughts or actions. The risks that are known to be associated with smoking must be balanced against the small, but real risk of these serious adverse effects. People who are taking either bupropion or varenicline and experience any serious and unusual changes in mood or behavior or who feel like hurting themselves or someone else should stop taking the medicine and call their healthcare professional right away. Bupropion, varenicline and nicotine replacement medications are also not recommended for women who are pregnant or breast-feeding without consulting their doctor. Ask your doctor if one of these medications is right for you. As always, read and follow label directions. Also keep in mind that new medications are being developed all the time to help people stop smoking. Ask your doctor if anything new is available.