

## Menthol Fact Sheet

Are you concerned about menthol in cigarettes?  
Well, here's some information you need to know.

- **Mentholated cigarettes are a growing market.** While sales for regular cigarettes have been flat, sales for mentholated cigarettes have increased by 4% or 5% each year.
- **Some cigarette brands are manufactured as menthol-only. Others come in both regular and menthol versions.** Kool, Salem and Maverick are menthol-only. A regular, non-menthol version of Newport -- the #1 selling menthol cigarette brand -- was introduced within the past year and Marlboro, the #1 selling regular cigarette brand, is now marketing a menthol version.
- **Most African American smokers are addicted to menthols.** Approximately 3 out of 4 Black smokers prefer menthols, and among Black youth who smoke, more than 9 out of 10 choose menthols. Among whites, approximately 1/3 of smokers prefer menthol -- mostly women and young, beginning smokers.
- **Menthol in cigarettes does not make the cigarettes safer.** Even though the menthol is the same ingredient that is used in medicines like cough drops, in cigarettes it is a flavoring agent with no medicinal properties.
- **Menthol in cigarettes has never been officially sanctioned.** Although the Food & Drug Administration (FDA) regulates menthol in other products, it is not allowed to regulate the ingredients in cigarettes. And when menthol is used in other products, it is not ignited.

Here are statements by well-respected researchers on menthol in cigarettes:

- Smokers of menthol cigarettes tend to inhale more deeply because menthol has an anesthetic and cooling effect. (Dr. Karen Ahijevych, The Ohio State University)
- Because menthol alters the metabolism of carcinogens in tobacco smoke, it may be the reason for greater mortality and morbidity among menthol smokers. (Dr. Jasjit S. Ahluwalia, University of Kansas)
- Mentholated cigarettes are associated with higher nicotine levels and carbon monoxide concentrations than non-mentholated cigarettes. (Dr. Pamela I. Clark, *Journal of Chest Physicians*)
- Research has shown that smokers of low- and medium-nicotine menthol cigarettes have as much as three times the exposure to toxic and cancer-inducing agents as smokers of non-menthol cigarettes with comparable nicotine content. (Dr. Karam El-Bayoumy, American Health Foundation)