



MENTHOL DOES NOT MEAN LESS HARMFUL.

Menthol is a flavor additive with a minty taste and aroma. It is found in peppermint and other similar plants and can also be produced in a lab.

- Tobacco companies add menthol to make cigarettes seem less harsh and more appealing to new smokers and young people.
- When used in cigarettes, menthol may reduce the irritation and harshness of smoking, making it easier to smoke and get addicted.
- More than half of youth who smoke use menthol cigarettes.
 - That percentage is higher than the percentage of adults 18 and older who smoke menthol cigarettes.

MENTHOL AND E-CIGARETTES

- Similar to cigarettes, menthol in e-cigarettes may reduce irritation and harshness, making it easier to inhale and get addicted.
- In 2020 the U.S. Food and Drug Administration (FDA) finalized a policy prohibiting the sale of flavored, prefilled cartridge e-cigarettes – but neither menthol nor tobacco are included in this ban.

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