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TAR, NICOTINE, CARBON MONOXIDE FIGURES RELEASED

OTTAWA - A table showing tar, nicotine and carbon monoxide levels in cigarettes sold in Canada was released today by Health and Welfare Minister David Crombie. The study, sponsored by the Department and carried out by Labstat Incorporated of Waterloo, Ontario, is based on tests conducted on cigarettes purchased throughout Canada during March and April of 1978.

"The main purpose in releasing this information," the Minister explained, "is to allow people to know carbon monoxide levels as well as tar and nicotine levels in the cigarettes they smoke so they may avoid those with higher levels." Only tar and nicotine levels appear on cigarette packages; carbon monoxide levels are not indicated.

"Cigarette smoking is probably the single most serious health hazard which an individual may minimize by his own choice," Mr. Crombie said. "We know of no safe cigarette or safe way to smoke, and we strongly recommend that Canadians avoid cigarette smoking entirely. While many people have been able to stop smoking, others find it difficult to stop and we feel it is important to help them to reduce the inhalation of cigarette smoke gases and other particles into their lungs."

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Cigarette tar is composed of many irritating chemicals and is closely associated with cancer of the mouth, larynx and respiratory system. Nicotine, which is believed to be a basis of the dependency associated with cigarette smoking, increases heart rate and blood pressure. Carbon monoxide has been implicated in coronary heart disease, atherosclerosis, chronic respiratory disease, fetal growth retardation and the noxious effects of being in a smoke filled room.

The Minister explained that laboratory techniques used to measure tar, nicotine, and carbon monoxide vary somewhat among laboratories. Although Labstat Incorporated maintained close contact with tobacco industry laboratories concerning methodology, small differences may be noted between values given in the list and those printed on packages by manufacturers.

Tobacco manufacturers have introduced a number of new lower tar and nicotine brands over the past few years and have been working towards reduced levels in some established brands as well; however, tar and nicotine levels are not necessarily satisfactory indicators of carbon monoxide levels. For those brands with low tar and nicotine levels, carbon monoxide seems to be at correspondingly low levels. For brands with higher tar and nicotine levels, a variety of carbon monoxide levels may be observed.

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"While it seems impossible to imagine a safe cigarette, those who feel they simply cannot stop will probably lessen their risk of contracting a smoking-related disease if they select from among those cigarettes with low levels of carbon monoxide as well as tar and nicotine," Mr. Crombie advised.

Smokers should not rely on the brand of cigarette as the only way to reduce the inhalation of cigarette smoke constituents into the lungs. In addition to tar, nicotine and carbon monoxide, there are other toxic or irritating gases in cigarette smoke and these gases may not be reduced along with tar and nicotine levels. A smoker can reduce his intake of all cigarette smoke constituents, gases as well as tar and nicotine, by reducing the amount of smoke inhaled. This can be accomplished by:

- lengthening the period between cigarettes
- lengthening the period between puffs
- not inhaling
- removing the cigarette from the mouth after each puff
- throwing away a very long butt. Tar and nicotine collect in the tobacco as the cigarette is smoked so that the shorter the cigarette butt becomes, the more concentrated are the tar and nicotine residues.

"Of course, the most effective action," the Minister concluded, "is not to smoke at all."

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- 4 -

Average Tar, Nicotine and Carbon Monoxide Contents (in Milligrams) per cigarette of cigarettes available in Canada during March and April of 1978.

<u>Brand</u>	<u>Tar Milligrams per cigarette</u>	<u>Nicotine Milligrams per cigarette</u>	<u>Carbon Monoxide Milligrams per cigarette</u>
Viscount #1 Ultra Mild Reg. F.T.	1.2	.09	1.7
Viscount #1 Ultra Mild K.S.F.T.	1.2	.20	2.1
Medallion K.S.F.T.	1.7	.24	2.4
Craven "A" Special Mild K.S.F.T.	4.6	.35	6.7
Viscount K.S.F.T. Menthol	5.2	.34	8.9
Craven "A" Special Mild Reg. F.T.	5.5	.35	7.7
Peter Jackson E.L. Reg. F.T.	6.5	.58	8.8
Craven "A" Reg. F.T.	8.7	.55	14.9
Gitanes Reg. F.T.	9.1	.38	12.0
Matinee Reg. F.T.	9.2	.49	13.7
Belmont Reg. F.T.	9.5	.69	13.7
Matinee Special Filter 100's	10.2	.72	21.4
Belvedere Extra Mild K.S.F.T.	10.3	.68	14.8
Vantage K.S.F.T.	10.6	.76	16.6
Gauloises Reg. F.T.	10.7	.46	13.6
Belvedere Extra Mild Reg. F.T.	10.7	.66	15.5
Matinee Special Filter K.S.	10.9	.70	18.6
Dumont Select K.S.F.T.	10.9	.65	15.0
Belmont K.S.F.T.	11.2	.77	19.0
Matinee K.S.F.T.	11.3	.70	17.0
Cameo Extra Mild K.S.F.T.	11.9	.65	18.1
Dunhill K.S.F.T. Menthol	12.0	.71	17.9
Craven "M" K.S.F.T. Menthol	12.3	.79	15.6
Dunhill Special Mild K.S.	12.4	.86	14.2
Belmont K.S.F.T. Menthol	12.5	.79	17.5
Vantage Reg. F.T.	12.6	.78	18.5
TL Reg. F.T.	12.6	.70	13.7
Rotmans Special Mild Reg. F.T.	12.6	.81	14.8
TL K.S.F.T.	12.8	.71	15.2
Rotmans Special Mild K.S.F.T.	13.0	.93	18.4
Turret Reg. F.T.	13.2	.80	21.2
Export Lights Reg. F.T.	13.3	.89	14.2
Contessa Slims K.S.F.T.	13.3	.76	16.2
Peter Stuyvesant 100's F.T. Menthol	13.6	1.09	18.5
Black Cat Reg. F.T.	13.6	.86	17.9
Sweet Caporal Reg. F.T.	13.7	.88	19.0
Players Light Reg. F.T.	13.7	.92	16.6
Kool K.S.F.T.	13.8	.87	20.4
Viceroy K.S.F.T.	14.1	.85	17.9

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<u>Brand</u>	<u>Tar Milligrams per cigarette</u>	<u>Nicotine Milligrams per cigarette</u>	<u>Carbon Monoxide Milligrams per cigarette</u>
DeMaurier Reg. F.T.	14.1	.91	20.1
Craven "A" K.S.F.T.	14.2	.97	17.9
Peter Stuyvesant 100's F.T.	14.3	1.07	19.8
Benson & Hedges 100's F.T. Menthol	14.4	.91	18.9
Sportsman Reg. F.T.	14.5	.89	16.1
Macdonald Menthol K.S.F.T.	14.5	.99	17.7
Mark Ten K.S.F.T.	14.6	.94	19.3
John Players Special K.S.F.T.	14.6	1.09	17.4
Export Lights K.S.F.T.	14.6	.90	16.9
Plus 120mm F.T.	15.0	.57	39.1
Plus Light K.S.F.T.	15.2	1.08	18.5
Belvedere Reg. F.T.	15.2	.94	18.3
Winston K.S.F.T.	15.3	.89	19.7
Belvedere K.S.F.T. Menthol	15.3	.96	19.4
DeMaurier Special Mild 100's	15.4	1.10	17.1
Macdonald Menthol Reg. F.T.	15.5	.92	14.5
Benson & Hedges 100's F.T.	15.5	.96	21.7
Gitanes Reg. Plain	15.7	.72	15.3
Riveriek K.S.F.T.	16.0	1.04	18.6
Goldcrest 100 F.T.	16.0	.93	21.2
Philip Morris Reg. Plain	16.2	.79	17.4
Sweet Caporal Reg. Plain	16.3	.87	16.2
Peter Stuyvesant K.S.F.T.	16.5	1.07	19.4
Mark Ten Reg. Plain	16.5	.94	15.0
British Consols Reg. F.T.	16.5	1.08	17.5
Players Reg. F.T.	16.6	1.12	18.9
Number 7 K.S.F.T.	16.6	1.12	22.5
Mark Ten Reg. F.T.	16.6	.96	21.7
Plus Medium Reg. Plain	16.7	.92	17.8
Mark Ten K.S.F.T. Menthol	16.7	.99	21.3
Export Special Blend Reg. Plain	16.7	1.08	13.6
Embassy Reg. F.T.	16.7	1.02	23.2
Turret K.S.F.T.	16.9	1.09	23.4
DeMaurier K.S.F.T.	16.9	1.18	21.9
Rothmans K.S.F.T.	17.0	1.04	21.1
Full Bull K.S. Plain	17.0	.91	16.5
Antclair K.S.F.T.	17.0	.96	21.9
Amloises Reg. Plain	17.0	.85	15.1
Dunhill K.S.F.T.	17.0	1.08	21.1
Alpine K.S.F.T. Menthol	17.3	1.02	18.4
Sportsman K.S.F.T.	17.3	1.06	21.5
Players K.S.F.T.	17.4	1.08	22.9
Berlily K.S.F.T.	17.4	1.15	20.7

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<u>Brand</u>	<u>Tar Milligrams per cigarette</u>	<u>Nicotine Milligrams per cigarette</u>	<u>Carbon Monoxide Milligrams per cigarette</u>
Export "A" Reg. F.T.	17.5	1.12	16.8
Sweet Caporal K.S.F.T.	17.8	1.16	25.5
Players Medium Reg. F.T.	18.0	1.24	22.7
Peter Jackson K.S.F.T.	18.0	1.09	25.8
Camco K.S.F.T.	18.0	1.04	25.7
Belvedere K.S.F.T.	18.0	1.00	21.2
Cavalier	18.1	1.17	19.8
Embassy K.S.F.T.	18.1	1.18	24.0
Millbank K.S.F.T.	18.2	1.13	22.0
Buckingham Reg. Plain	18.3	1.00	22.7
Buckingham K.S. Plain	18.4	1.04	19.1
Bl. & Cat Reg. Cork	18.8	1.00	15.9
British Consols Plain	18.9	1.08	17.2
Black Cat Reg. Plain	19.1	1.04	17.1
Players Reg. Plain	19.3	1.03	18.1
Sportsman Reg. Plain	19.4	1.03	15.8
Export "A" K.S.F.T.	19.4	1.19	25.8
Export Plain	19.5	1.15	16.7
Mark Ten K.S. Plain	19.7	1.10	15.8
Dales K.S.F.T.	21.4	1.34	24.4

Footnotes:

- 1) Abbreviations used: K.S.,: KING SIZE
- F.T.,: FILTER TIP
- REG.,: REGULAR
- 100's,: 100 MM LENGTH

- 2) Cigarettes were smoked to a 30 millimeter butt length except for cigarettes with filter overwrap exceeding 27 millimeters where a butt length 3 millimeters longer than the overwrap was adopted.

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