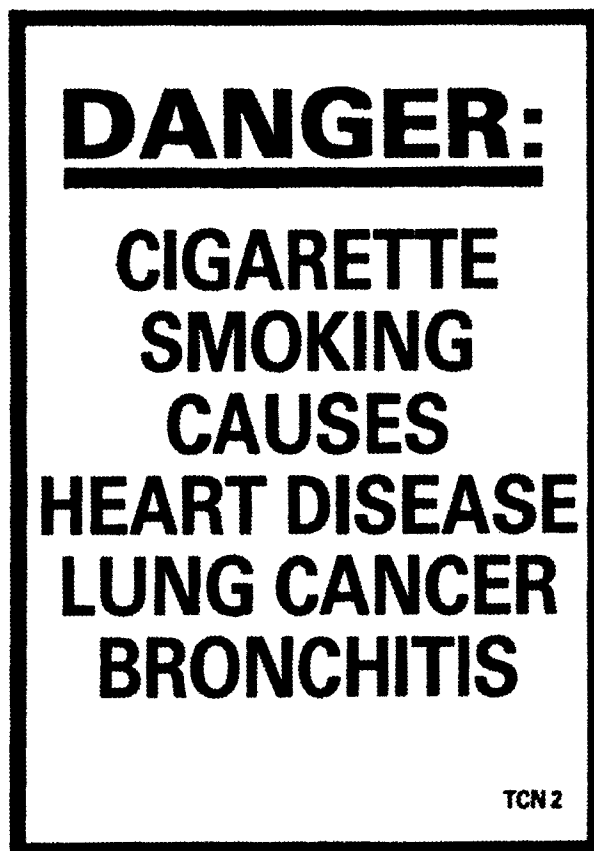


- Our advice is: **STOP SMOKING.** If you cannot, take these steps to reduce the risk:
- Smoke a brand of cigarette in a lower 'tar' group than the brand you smoke at present; try to reduce still further and at the same time select a brand with a low carbon monoxide yield.
- Smoke fewer cigarettes.
- Take smaller and fewer puffs from each cigarette.
- Do not inhale.
- Leave a longer 'stub' – the 'tar', carbon monoxide and nicotine become more concentrated as the cigarette is smoked.
- Take the cigarette out of your mouth between puffs.

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TAR, CARBON MONOXIDE & NICOTINE YIELDS OF CIGARETTES

As determined by the Government Chemist from samples obtained during the period August 1981 to January 1982

As 'tar' is regarded as a greater danger to health than carbon monoxide or nicotine, the brands are listed in 'tar' yield order. Brands with the same figure for 'tar' yield are listed in alphabetical order. The 'tar' groups are LOW TAR (0-10 mg/cig), LOW TO MIDDLE TAR (11-16 mg/cig), MIDDLE TAR (17-22 mg/cig), MIDDLE TO HIGH TAR 23-28 mg/cig, and HIGH TAR (29 and over mg/cig).

'Tar' yield groups shown on cigarette packets and in brand advertisements may be for current production and could differ from those given in this table.

Differences between brands of up to 2 mg of 'tar' and of carbon monoxide can generally be ignored.

(P) Indicates plain cigarettes. All other brands have filters.

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