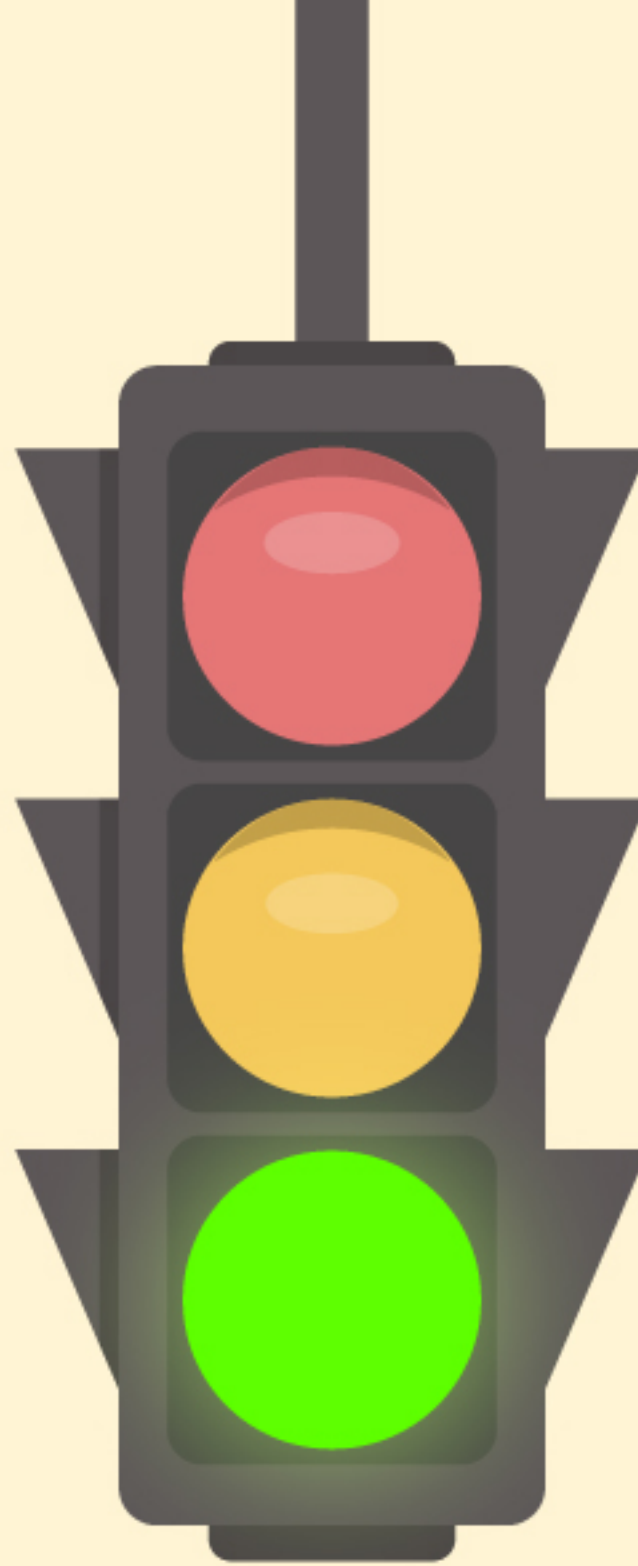


No amount of tobacco use is safe.



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Menthol tobacco products are easier to start and harder to quit.

Mantey, D. S., Chido-Amajuoyi, O. G., Omega-Njemnobi, O., & Montgomery, L. (2021). Cigarette smoking frequency, quantity, dependence, and quit intentions during adolescence: Comparison of menthol and non-menthol smokers (National Youth Tobacco Survey 2017-2020). *Addictive behaviors*, 121, 106986.

<https://doi.org/10.1016/j.addbeh.2021.106986>