

Save Money by Using NRT Instead Of Smoking Cigarettes

Cigarettes are expensive but sometimes we don't notice it because we only spend about \$6.00 per pack. When we look at NRT on the shelf at the store or online it can seem very expensive, but when you compare the cost of NRT and cigarettes you can save a lot of money!

Nicotine Replacement Products

Product	Price per box	Pieces per box	Price per piece	# of pieces Recommended	Total Cost (12 Weeks)
Nicoderm CQ	\$50.04	14	\$3.57	70	\$300.26
Nicorette Gum	\$50.39	100	\$0.50	553	\$302.35
Commit Lozenge	\$48.25	100	\$0.48	553	\$289.51

Price listed includes sales tax.

Prices obtained from the average of 4 national retail stores in Louisville, Kentucky (May 2014).

Cigarettes

Packs per day	Cost per day	Total Cost (12 Weeks)
1	\$6.66	\$559.07
1.5	\$9.98	\$838.61
2	\$13.31	\$1,118.14
3	\$19.97	\$1,677.21

Price listed includes sales tax, state cigarette tax (\$.60/pack) and federal cigarette tax (\$1.01/pack).
Price obtained from the average of 1 carton of Marlboro cigarettes from 4 national retail stores in Louisville, Kentucky (May 2014).

Your Savings

If you smoke...	You save this much...		
	Patches	Gum	Lozenge
1	\$258.81	\$256.72	\$269.56
1.5	\$538.35	\$536.25	\$549.10
2	\$817.89	\$815.79	\$828.63
3	\$1,376.96	\$1,374.86	\$1,387.70

Today you can start saving money and improving your health!