

Herbal Cigarettes

What is a Herbal Cigarette?

Herbal cigarettes do not contain tobacco or nicotine. Instead of the tobacco as a filling they contain flavoured herbs such as mint, cinnamon or lemon grass. In addition, they can contain non herbs like rose petals, marshmallow leaves, red clover flowers, honey and apple juice.

Are herbal cigarettes or mixtures harmful to my health?

Yes, although herbal cigarettes are sometimes perceived as safer because they do not contain tobacco or nicotine, they do produce the same toxins as a traditional cigarette; for example, carbon monoxide and tar.

Smoking herbal cigarettes is also unlikely to be an effective way to stop smoking as they do nothing to help you deal with nicotine withdrawal.

A further concern is that children are attracted to herbal cigarettes, because they do not contain tobacco by law they are not required to carry health warnings. What is more there is no restriction on the sale of herbal cigarettes meaning that unlike traditional cigarettes they can be purchased by anyone under the age of 18.

Even more dangerous are Bidis which are unfiltered cigarettes from India that contain herbs and low grade tobacco, and Kreteks which are Indonesian cigarettes containing 60% tobacco and 40% clove buds.

Remember there is no such thing as a safe cigarette!

For more information go to www.ash.org.uk

