



Get  
a  
fix  
for  
your  
nicotine  
habit

(Rate Controlled  
Nicotine Patch)

21mg/24hr

438,000 Americans die of smoking  
related illnesses each year.

**Quit** before you become one of them.

Talk with your doctor about aids for quitting

Plan ahead for cravings

Create new daily routines

Keep your mouth and hands busy

Watch your "tobacco money" pile up

Reward yourself for not smoking

 **America's TPA**  
■ Simplicity ■ Flexibility ■ Affordability ■ Service