



The taste changed, and it was easy to cut down on smoking

"About a year ago, I decided to start a healthier life. I began using the Acetium® smoking intervention product. As a mum of small children, I wanted to stop smoking", explains Saila Kaattari.

With Acetium, it is important to remember regularity. You should always put a lozenge in your mouth just before lighting a cigarette, so it can gradually start working. Within a few weeks, the enjoyment of tobacco will lessen and the taste will deteriorate.

The tablet soon became a routine

"At first I didn't always remember to take Acetium on a regular basis, but over time, using the tablet became a routine. At first it tasted a bit strange, but I got used to the taste surprisingly fast. I also noticed that the taste of cigarettes changed", says Saila.

After about two weeks of regular Acetium use, Saila started to smoke less. She noticed the same pack of cigarettes lasting days, whereas before she was smoking about 15

cigarettes a day.

Cutting down on smoking happened quickly

"The feeling of needing to smoke came far less often, and when I had cut back to only 4-5 cigarettes a day, I found the whole thing unnecessary. At first it felt strange not having my usual cigarette breaks. Soon, though, I realized how great it was that I didn't need to spoil the taste of good food in my mouth with a cigarette after a nice meal, for example."

Saila no longer felt the same enjoyment of smoking. Therefore, cutting down and eventually quitting seemed natural.

"I've recommended Acetium to my friends, too. People are often dubious about trying something new, so it's important to hear other people's experiences. Acetium also tastes better because it doesn't contain nicotine. Personally, I don't like the taste of nicotine and it makes me feel bad."

