

# Average Cost of Over-the-Counter Nicotine Replacement Therapy (NRT)

Fact Sheet

Using nicotine replacement therapy (NRT) can greatly reduce cravings and double your chance of quitting successfully. It can also save you a lot of money. If you smoke a pack per day in New York City, you can save up to \$47 per week when using NRT.

These NRT products are sold over the counter. Start saving today!

## Nicotine Gum

Average cost per box: \$59.99 for 100 pieces

- **Weeks 1-6**  
Recommended use: 1 piece every 1-2 hours  
Average number of pieces chewed per week: 70  
Average cost per week: \$42.00  
Average cost of cigarettes per week, 1 pack per day: \$64.47  
**Savings: \$22.47 per week**
- **Weeks 7-9**  
Recommended use: 1 piece every 2-4 hours  
Average number of pieces chewed per week: 49  
Average cost per week: \$30.00  
Average cost of cigarettes per week, 1 pack per day: \$64.47  
**Savings: \$34.47 per week**
- **Weeks 10-12**  
Recommended use: 1 piece every 4-8 hours  
Average number of pieces chewed per week: 28  
Average cost per week: \$17.00  
Average cost of cigarettes per week, 1 pack per day: \$64.47  
**Savings: \$47.47 per week**

## Nicotine Patch

Average cost per box: \$59.99 for 14 patches

- Recommended use: 1 patch per day for 10 weeks  
Average cost per week: \$30.00  
Average cost of cigarettes per week, 1 pack per day: \$64.47  
**Savings: \$34.47 per week**

## Nicotine Lozenge

Average cost per box: \$57.99 for 108 lozenges

- Recommended use: at least nine (but no more than 20) lozenges per day.  
Average number of lozenges used per week: 98  
Average cost per week: \$52.62  
Average cost of cigarettes per week, 1 pack per day: \$64.47  
**Savings: \$11.85 per week**



The New York City Department of Health and Mental Hygiene

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7.13.10