

I smoked a pack and a half of tobacco cigarettes for 23 years. I tried quitting several times, once cold turkey which didn't even last a week. Another time I had used the patch and all that did was make me anxious. The lozenge came out and I decided to give that a try and it worked for some time until that gave me stones in my saliva glands and had to stop using the lozenge I had also tried the gum which also failed.

I had done some research online about electronic cigarettes in 2008 and found several brands and didn't feel comfortable buying something online without being able to hold it and look at it. That's why I turned to Blu because it was available for purchase at my local Walgreens store. On April 1<sup>st</sup> 2012 I drove to my local store and bought the last kit on the shelf.

After starting the e-cig I had noticed that the first few days were the hardest but I stuck with it. A week went by and then 2 weeks. I kept a half pack of regular cigarettes in a drawer just in case this wasn't going to work. Two months went by and now here I am writing to you because you want to put harsh regulations on something that works. I don't wheeze anymore, I can walk up a flight of stairs and not be out of breath, I don't eat more, my sense of smell is back as is my taste.

If it weren't for all of the amazing flavors like banana, coconut, vanilla, strawberry and a multitude of other bakery and fruit flavors I would have never have been so successful. Vanilla is my all time everyday vape it keeps from wanting to eat sweets and on top of getting me to quit smoking it has aided in the ability to lose weight for the first time. I don't even want to vape anything that reminds me of a tobacco cigarette that is why I turn to all of the other amazing flavors.

I am not the only one who relies on these wonderful flavors recently a survey was done on this very thing – do adults prefer tobacco and menthol flavors or do they prefer the flavors that I mentioned above. You can see for yourself here <http://vaping.com/data/big-survey-2014-initial-findings-liquid> and here <http://www.mdpi.com/1660-4601/10/12/7272> - Prohibiting adult smokers from access to flavors creates a barrier to becoming smoke free and, as a result, many adult residents will actually be encouraged to continue smoking instead of making the switch to a product that is estimated to be 99% less hazardous than smoking tobacco.