

Oral Nicotine Pouches

POPULAR BRANDS: ZYN, On! and Velo

WHAT ARE THEY?

Small, permeable pouches that contain nicotine.

The pouches are placed between the lip and the gum, allowing nicotine to be absorbed through the lining of the mouth. The pouches do not contain tobacco, just the nicotine powder.

Each pouch contains anywhere from 3 mg to 8 mg of nicotine. A 3 mg oral nicotine pouch is equivalent to the amount of nicotine inhaled in two cigarettes.

YOUTH HEALTH IMPACT

Youth use of nicotine is unsafe in any form.

Nicotine can disrupt the formation of brain circuits that control attention, learning and susceptibility to addiction.

Research has shown early age of nicotine use is correlated with daily use and lifetime nicotine dependence. Nicotine use can also intensify symptoms of depression and anxiety.

If you have or are currently using oral nicotine pouches, please speak to your provider about your specific health risks and strategies to quit.



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

POSSIBLE SIDE EFFECTS

Nicotine addiction, mouth and gum irritation, gum recession and tooth decay.

Oral nicotine pouches gained popularity on the market, starting in 2020. The long-term effects of oral nicotine pouches are not yet known.

They are not FDA approved for any kind of use, including as a way to stop using other tobacco products.

HOW TO QUIT

Slowly lowering your nicotine intake.

Switch to a lower dose nicotine replacement therapy a week before your quit date. Extend the amount of time between pouches.

Learn how to let the cravings pass. Acknowledge them and let them go - **WITHOUT** using nicotine.

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HEALTH

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