

Drug Facts: Nicotine Pouches



Connecticut Resources

CT Department of Mental Health and Addiction Services

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What are Nicotine Pouches?

Nicotine pouches are small microfiber pouches that contain a powder made of nicotine, flavorings, and other ingredients. They are marketed as smokeless products, which include moist snuff and snus.

Nicotine pouches come in different flavors, such as cinnamon, mint, citrus, and coffee. The variety of flavors appeals to young people, and as a result, hundreds of communities have prohibited the sale of all flavored tobacco products, including nicotine pouches.

How is it Used?

It is typically placed between the gum and lip, where the powder is absorbed. Nicotine pouches do not require the user to spit and are disposable.

Are Nicotine Pouches a Safe Alternative to Cigarettes?

No. The U.S Food and Drug Administration (FDA) has not approved nicotine pouches as a smoking cessation aid.

Nicotine is highly addictive and especially harmful to young people. In addition to nicotine, these pouches can also expose users to harmful chemicals such as ammonia, chromium, formaldehyde, nickel, pH adjusters, and nicotine salts.

What are the Health Effects of Using Nicotine Pouches?

Nicotine pouches entered the U.S. market in 2016. Scientists are still learning about the short- and long-term health effects of using them. Like other forms of smokeless tobacco, such as chewing tobacco and snuff, nicotine pouches may cause serious health risks, including oral cancer, gum disease, and nicotine addiction.

There are no safe tobacco products, including nicotine pouches. This is particularly true for youth, young adults, and pregnant women.

- Nicotine is toxic to developing fetuses and poses a health risk for pregnant women.
- Nicotine can harm the brain, which continues to develop until the age of 25.
- Youth can start showing signs of nicotine addiction quickly, even if they are not using tobacco products regularly or daily.
- Using nicotine during adolescence can damage the parts of the brain that control attention, learning, mood, and impulse control.
- Adolescents who use nicotine may be at increased risk for future addiction to other substances.



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