

**KNOW YOUR STUFF**

# NICOTINE POUCHES

AKA: snus, nicopods, smokeless tobacco plus brand names



## WHAT IS IT?

Small porous parcels that contain nicotine, flavourings and other filler ingredients (but not tobacco). Placed between the lip and gum where they dissolve and release nicotine into the saliva to then be absorbed into the bloodstream. Usually sold in small tins.

## THE HIGHS

Causes a surge of adrenaline which increases alertness, breathing and heart rate. Also activates the area of the brain involved in pleasure and reward. Smoke-free, and some people believe they can help smokers quit.

## THE LOWS

Immediate effects can include discomfort in the mouth, dizziness, nausea, racing heart, and headache. Nicotine interacts with many drugs, including some medicines.

While nicotine pouches are smoke-free and therefore regarded by many as less dangerous than smoking, there is no evidence that they work as a quit aid. This may be because it takes up to half an hour for nicotine levels in the body to peak, which means it doesn't ease cravings. In some cases, nicotine pouches have seemed to make quitting smoking more difficult.

Tolerance to nicotine builds quickly, meaning someone is likely to use more to get the same effects as they did previously. This increases the risk of addiction, which in turn means that if someone goes without they may experience withdrawal symptoms such as cravings, mood changes, and difficulty concentrating. Younger people are particularly vulnerable to becoming addicted because of the changes that are already happening in their brains in adolescence.

At the time of writing, some brands of nicotine pouches had introduced their own restrictions on age of sale and included warnings on product packaging, but on a voluntary basis. The proposed Tobacco and Vapes Bill, currently moving through government, looks to extend the current regulations that apply to cigarettes and vapes – such as a ban on sales to under 18s, and restrictions on product packaging and displays in shops – across the UK.



For more information go to:

**FRANK**

<https://www.talktofrank.com/drug/nicotine>



**DSM** foundation  
The drug education charity

[www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

The Wellbeing Hub  
— from Teen Tips —



[www.teentips.co.uk](http://www.teentips.co.uk)