Nicotine Pouches

(also known as European Sweika)



Facts about nicotine pouches and their potential harms:











- Nicotine pouches are smokeless tobaccofree products.
- Their shape is like a small white teabag.
- They contain nicotine and added flavors.
- They have high levels of nicotine compared to other products.
- Nicotine is the main cause of addiction that harms the body.
- Added flavors in these products may increase the risk of cancer.
- They are not an approved method to quit smoking.
- Using this product in high amount may lead to nicotine poisoning.
- Swallow of this product may lead to nicotine poisoning.
- Studies have shown nicotine may affect brain development among children and young adults.