

TOBACCO-FREE NICOTINE

Harmless looks. Lifelong consequences.

NICOTINE TOOTHPICKS

Nicotine toothpicks aim to deliver nicotine in an entirely new — and discreet — way. While the amount of nicotine varies per brand, users can expect them to last anywhere from 15 minutes all the way up to an hour. Nicotine toothpicks are available in natural tobacco, cinnamon and winter ice (mint) flavors.

What to look for:

Pixotine and Zippix are two of the leading brands.

TOBACCO-FREE GUMS: THE NEW CHEW.

The nicotine marketplace is loaded with tobacco-free gum. Nicotine content varies by brand, but one piece of gum usually contains 4mg of nicotine.

What to look for:

Lucy and Rogue are two of the leading tobacco-free nicotine gum brands.



POUCHES: DIP 2.0

Tobacco-free pouches are the next evolution in oral nicotine delivery. Similar to snus, they don't require the user to spit. Addictive nicotine is absorbed through oral tissues, and nicotine-tainted saliva is swallowed into the stomach. Available flavors include mint, citrus, cinnamon, mango and more. Although nicotine content varies by brand, a single pouch can contain up to 8mg of nicotine.

What to look for:

Common brands include Zyn, on!, Velo, Lucy, Black Buffalo and Rush.



E-CIGARETTES: THE EPICENTER OF AN EPIDEMIC

Millions of kids are still in the grip of severe nicotine addiction. Sweet flavors and highly targeted social media campaigns reel in our children and create a lifetime of nicotine addiction.

What to look for:

Many vapes look just like thumb drives or other everyday products. They were designed to fly under the radar of parents and teachers. See what they look like and learn how to spot them!



Discover signs of vape use,
terms to know, tips for talking about vaping and more at:

TOBACCO STOPS WITH ME.com

