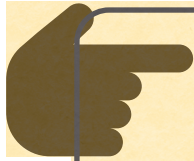


Nicotine Pouches



What are nicotine pouches?

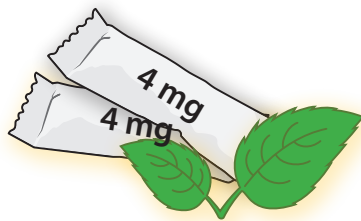
Small, soft packets filled with powder containing nicotine (made in a lab or from tobacco), flavouring, sweeteners, and fillers.



What is approved in Canada?

Health Canada has approved a small number of pouches that have 4mg of nicotine per pouch. Nicotine pouches are considered a natural health product and can only be sold in pharmacies as nicotine replacement therapy (NRT) to help adults 18 years and older quit smoking.

Only mint and menthol flavours are allowed for sale in Canada.



What is NOT approved in Canada?



Unapproved pouches have not been checked by Health Canada. They might have harmful ingredients not listed on the label with higher amounts of nicotine. They might come in different flavours; fruit flavours pouches are not allowed for sale in Canada.

If you smoke, it's best not to use nicotine pouches.

How are nicotine pouches meant to be used?



They are placed between the gum and upper lip.



The powder dissolves and nicotine is absorbed through the mouth into the bloodstream, affecting different parts of the body including the brain.



Most people use them till the taste and feeling start to fade. Always follow the instructions on the package and don't use them longer than what it says.



Used pouches can have leftover nicotine and other chemicals. Throw them in the garbage to help keep children, pets, wildlife, and the environment safer.

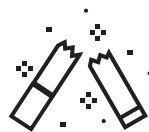


A pharmacist, doctor, or nurse practitioner can help you set a limit on how many pouches to use.

What are possible health risks of using nicotine pouches?



If swallowed or not used properly, they can cause feelings of sickness, hiccups, cavities, gum disease, and sore mouth and gums.



Nicotine is addictive and can be hard to quit once you start. Youth can become addicted more easily than adults.



Nicotine raises heart rate and blood pressure, increasing the risk of heart disease and stroke over time.



Long term health effects are not yet known.

What are some reasons people use nicotine pouches?



They may think nicotine pouches are not harmful or are less addictive than cigarettes or vaping.



Nicotine pouches may be seen as more acceptable to use in public.



They may be trying to avoid the harmful effects of breathing smoke.



They are small, easy to use and hide, have no smell, and can be used indoors.

How can I reduce my risk?

- Thinking about using nicotine pouches to quit or cut back on smoking or vaping? Ask a pharmacist or other health care provider (doctor, nurse practitioner, nurse, dentist or dental hygienist) if they are a good option for you.
- Follow [Canada's Lower-Risk Nicotine Use Guidelines](#) from The Centre for Addiction and Mental Health.
- For tips to lower your risk when using nicotine scan the QR code, call 8-1-1 to talk to a registered nurse, or go to:
OttawaPublicHealth.ca/WellnessServicesandResources

