

A DANGEROUS ADDICTION THAT MELTS  
IN YOUR MOUTH

The newest fad in tobacco addiction is dissolvable nicotine. As cities across the country ban smoking in order to protect people from the dangers of secondhand smoke, cigarette companies are getting concerned about losing sales of their products. Their solution to the problem? To create smokeless products that will avoid smoking bans while still allowing their customers to continue introducing harmful nicotine and cancer-causing chemicals into their bodies.

Only a few of these products are widely available so far, but more will soon be on the market. While these products are too new to be regulated in the same way as cigarettes, in some ways we already know that they are far more dangerous than cigarettes. Ongoing research suggests that there are more harmful effects waiting to be discovered as well.

FORMS OF DISSOLVABLE TOBACCO



Dissolvable tobacco products contain nicotine and other dangerous drugs and chemicals, combined with a flavoring agent and packaged in a small strip, stick, or lozenge that is placed in the mouth. As the piece slowly dissolves, the drugs inside absorb into the tongue, lips, gums, and other areas of the mouth.

Different kinds of pieces hold differing amounts of nicotine and dissolve at different speeds. Strips, similar in appearance to breath-freshening strips, stick to the tongue and dissolve within just a couple of minutes. Sticks are meant to sit between the gums and lips, just like older types of smokeless tobacco, and they take up to half an hour to completely dissolve. Perhaps the most dangerous form, because of its candy-like appearance and attractiveness to small children, is a small pellet. It looks just like a small mint or piece of candy, but its concentrated nicotine is deadly to infants and can quickly addict anyone to nicotine for the rest of their lives.

RESOURCES

Centers for Disease Control

[cdc.gov](https://www.cdc.gov)

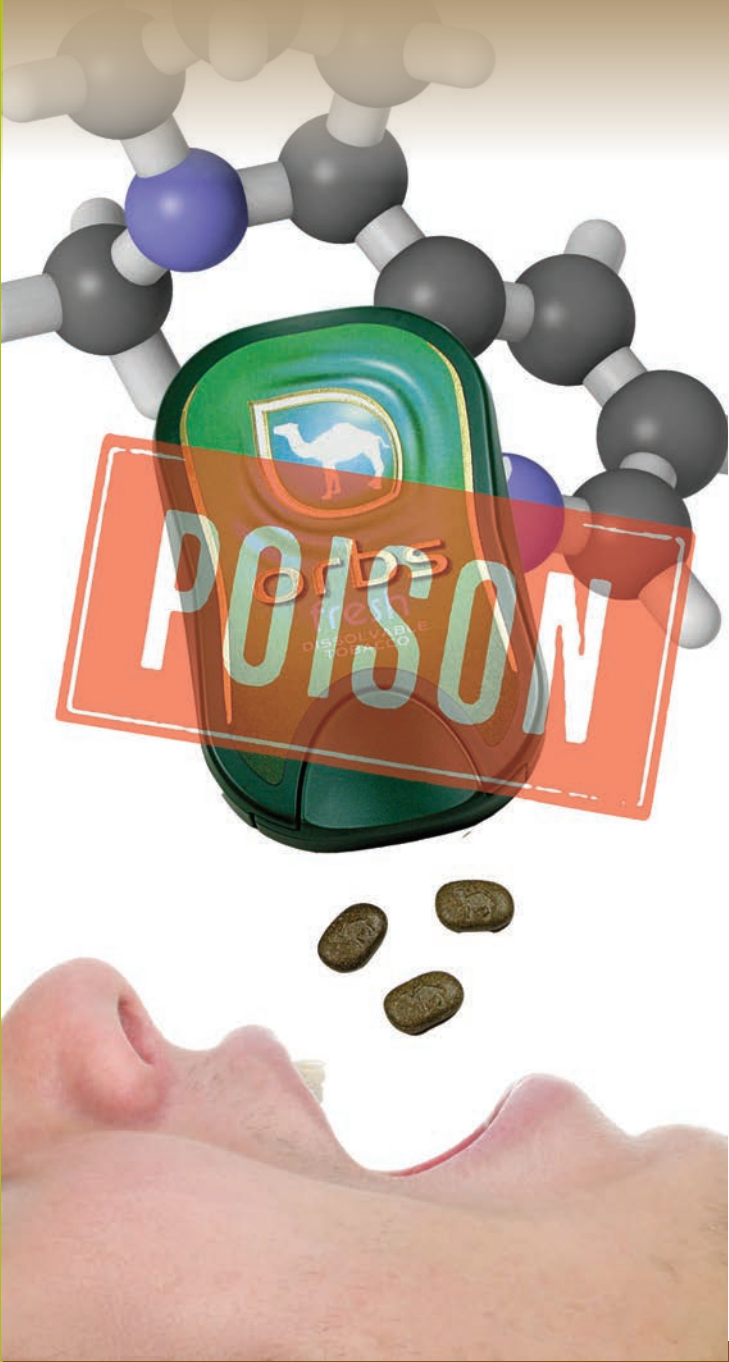
Mayo Clinic

[mayoclinic.org](https://www.mayoclinic.org)

in the know

© 2023 Prevention & Treatment Resource Press, LLC  
[www.PTRPress.com](https://www.PTRPress.com) • 877-329-0570 • product #PB-DA215  
This pamphlet may not be copied.

DISSOLVABLE  
TOBACCO



Nicotine, a dangerous, poisonous drug, is one of  
the most addictive substances known to man.

NICOTINE = ADDICTION

Nicotine is a powerful, addictive drug and once a person is hooked it's difficult to quit. Tobacco companies gloss over the fact that these dissolvable products might get you addicted to nicotine. Big tobacco companies claim their only purpose for making these products is to give people who already smoke cigarettes an alternative that won't make those around them sick. But just a quick look at the packaging and the



exciting flavors that come with these products raises the question—why make nicotine look so attractive if the intended audience is already addicted?

It seems clear to most of the experts researching this problem (including government regulators) that the big tobacco companies are hoping to lure in new customers, including young people who might be tricked by the attractive look of these brand new, but dangerous products. Because tobacco companies know it's only a matter of time before government forces them to print

health warnings and restrict their advertising, expect them to make the most of their limited opportunity to put dissolvable nicotine in front of young people.

WHAT'S THE DANGER?

You might think that since dissolvable tobacco doesn't enter the throat, windpipe, and lungs like cigarette smoke does, it can't carry the same risks for lung cancer and destructive tar buildup. Manufacturers imply that these products are much safer than cigarettes. Dissolvable nicotine products have the cancer and health risks of smokeless tobacco, dips, and chews. Because nicotine strips, sticks, and pellets stay in direct contact with the mouth, they introduce chemicals that cause tooth loss, gum damage, and oral cancer.

Even more important is the fact is that we don't know what other health risks these products carry. It takes time to study the effects of these types of nicotine delivery systems on the body, and the research just hasn't been done. In the meantime those who choose to use them become lab rats, allowing unknown dangers to affect their current and future health.



FALSE BENEFITS

Although tobacco companies say that dissolvable nicotine is not intended to help people stop smoking, you will probably hear many people claim that it can. Dissolvable nicotine products don't do anything to reduce the power of nicotine addiction, since they continue to deliver the same amount—or even higher amounts—of nicotine as cigarettes do. These products don't break the addiction to nicotine, they simply provide a new way to abuse it.

A NEW KIND OF THREAT

There is at least one way in which dissolvable nicotine is far more deadly than cigarettes could ever be. Nicotine, even in small amounts, can cause violent reactions and even death if young children or infants ingest it. Cigarettes rarely pose a risk to very young children because the process of burning the tobacco and releasing the drug is fairly complex. But an infant can easily pop a dissolvable pellet into his mouth and poison themselves with nicotine. Because the levels of nicotine in these products are intended for adult bodies, they are far too high for the systems of young children to withstand.

NOTHING NEW

If you see these brand new items on the shelves at your local convenience store or offered to you by a friend, don't be fooled by their fun, colorful appearance. Dissolvable nicotine is nothing more than smokeless tobacco packaged in a new form to avoid regulation requirements. Until they are fully studied and covered with warnings about their many health risks, you'll have to think for yourself about protecting your own health as well as any young children that could get their hands on these poisonous products.

HARM REDUCTION?

While using these products may be better for a person's health than smoking, they are still not safe. Addiction to nicotine is a life-long battle that almost always leads to devastating health consequences. Your best bet is to stay away from tobacco and nicotine at all costs.



**Nicotine is a powerfully addictive drug in any form. Keep your body healthy and drug-free. Stay away from dissolvable nicotine.**

nicotine poisoning

attractive to children

harmful drug