



Quit

Nicotine pouches: What you need to know

Nicotine pouches are small pre-portioned pouches filled with white powder containing nicotine, flavourings and other chemicals. They do not contain tobacco leaves.

The pouch is placed between the lip and gum, and the nicotine is absorbed through the lining of the mouth.

Why are nicotine pouches harmful?

Studies have shown that the amount of nicotine in individual pouches can vary significantly. Poor labelling of nicotine levels means it's often unclear how much nicotine is in a pouch. This can lead to dangerous levels of nicotine being consumed, which can make people very sick.

The chemicals found in nicotine pouches can affect many parts of the body such as the mouth, throat and digestive system.

It is easy to become addicted to nicotine, especially for young people. A young person's brain is developing until the age of 25. Nicotine can harm brain development, which may affect memory and concentration.

It is illegal to sell nicotine pouches in Australia.

Use of nicotine pouches can cause:

- mouth lesions
- upset stomach
- sore mouth
- sore throat
- nausea

Benefits of quitting



More money
in your pocket



Free from
nicotine
dependence



Better brain
and
mental health



Improved mouth,
throat and
digestive health

Get help to quit

If you or someone you care about uses nicotine pouches, help to quit is available.

1. **Call Quitline on 13 7848** for free counselling to help you quit nicotine pouches, smoking or vaping. You can ask for an interpreter in your language.



Scan the QR code
for more information.

You can also message
us on WhatsApp +61 385 832 920.

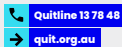
2. **Talk to your trusted health professional**
They can explain quit options and help you contact Quitline.
3. **For help in your language:**

quit.org.au

→ A+ Accessibility

→ **Recite**TM

→



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