

Oral Nicotine Pouches: What to Know



Oral nicotine pouches (ONPs) are small discreet rectangular pouches placed between the gum and upper lip. These pouches contain nicotine powder (either synthetic or derived from tobacco) but no tobacco leaf.

Despite being marketed as a "less harmful alternative" to tobacco, ONPs pose serious health risks, especially to non-smokers and young users:

- Nicotine is highly addictive, especially for youth and young adults.
- Nicotine can cause a "buzz" at first, but repeated use leads to dependence.
- Withdrawal symptoms like cravings, headaches, and irritability keep users hooked.
- Nicotine use may increase impulsivity and ADHD-like symptoms.

HEALTH IMPACTS



Short-Term Effects: rapid heart rate, headaches, nausea, dizziness



Long-Term Concerns: addiction, increased risk of heart disease, high blood pressure, artery damage, gum problems

RESOURCES TO QUIT

If you or someone you know is using Zyn or other nicotine pouches and wants to quit, you're not alone. A variety of support resources are available:

- **The Colorado Quitline** (coquitline.org) - Serves adults aged 18 and over, providing free coaching by phone along with additional support through email, text, or instant/direct messaging applications.
- **My Life, My Quit** - Text START MY QUIT to **36072** or call **(855) 891-9989** to connect with a coach who is ready to listen and assist with your quitting journey. This program is for youth aged 12-17.
- **Smokefree Teen** (teen.smokefree.gov) – Tools and tips created just for youth.
- **EX Program** (exprogram.com) –Text EXPROGRAM to **88709** for free 24/7 text support and quit plans.
- **National Quitline**- Text QUITNOW to **333888** or call **1-800-QUIT-NOW** – free and confidential telephone and text support to quit tobacco use.
- **CDC's Quit Smoking Resources** (cdc.gov/quit) – Guidance and resources for quitting all nicotine products.

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Public Health

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www.larimer.gov/tobacco



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