

Nicotine Pouches



What are Nicotine Pouches?

Nicotine pouches are small fiber pouches that hold nicotine powder, flavorings, and other ingredients.

Common Brands



Nicotine Content:
3-6 mg



Nicotine Content:
2-9 mg



Nicotine Content:
2-9 mg



Nicotine Content:
3-6 mg



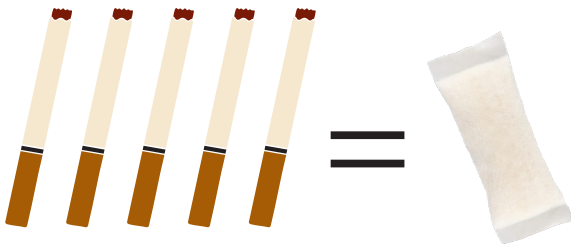
Nicotine Content:
4-12 mg



Nicotine Content:
3-15 mg

Note: The information presented reflects products commonly available in the U.S. as of January 2026. Nicotine strengths and product characteristics may vary by region and over time.

Nicotine Content



- Nicotine pouches contain anywhere from **1.5 mg to 16 mg** of nicotine per pouch depending on the brand!
- For some brands, that's like cramming **4-5 cigarettes** into one pouch.

Health Concerns



Sore & infected gums, destroyed oral tissue, dry mouth, tooth erosion, throat/ oral cancer, & bad breath.



Mental health concerns



Abdominal cramps



Nausea



Remember that nicotine is highly addictive & can harm your brain!



Nicotine pouches **have not been authorized** or shown to be effective at helping you quit using nicotine products.



LEARN MORE

Scan to view our relevant publications & our oral nicotine and smokeless tobacco curriculum!

linktr.ee/OralNicotine



REACH Lab

