

NICOTINE POUCHES

AN EMERGING TREND TO LOOK OUT FOR

APPEARANCE

Roughly the size of a small stick of gum, the pouches are porous clear packages that contain a white granular substance.

Common brand names include zonic, zyn.

WHAT ARE THEY?



Similar to chewing tobacco but available in fresh, flavored varieties. Nicotine is packaged in a small pouch that is placed between the lip and gum. It dissolves gradually over 30-60 minutes, delivering a dose of nicotine similar to 1–4 cigarettes. Once consumed, the empty pouch is discarded (spit out).

RISKS

- Nicotine addiction and related harms
- Harms to the developing adolescent brain
- Hiccups, mouth sores, damage to teeth and gums
- Negative impacts on cardiovascular health
- Unknown long term risks



WHAT CAN YOU DO

Talk Early. Talk Often.

- Ask open-ended questions: “What have you heard about nicotine pouches?”
- Stay calm and curious — avoid judgment.
- Share facts, not fear.
- Keep the conversation going.

Nicotine pouches pack high doses of nicotine in discreet, candy-like packages, making them easy to use anywhere and therefore especially appealing to teens. Because of their size they are easy to conceal in different packaging.

MORE INFO

- [Yale Medicine](#)
- [BBC Article](#)
- [BC Health information Pamphlet](#)

