

KNOW WHAT'S UP INTOXICATION & RISK



In the spotlight: snus & nicotine bags

Substance	<ul style="list-style-type: none"> Nicotine bags (nic bags, nicotine pouches) are small bags made from plant fibres which contain nicotine salts. Unlike snus, they don't contain tobacco. Nicotine bags are available in different flavours. Snus is a tobacco product (oral tobacco). It is distributed in cellulose bags or in the form of a loose, moist powder. Both nicotine bags and snus can release large quantities of nicotine.
Method of consumption & Effects	<ul style="list-style-type: none"> <u>Method of consumption</u>: orally; the bags are placed under the upper or lower lip or tucked away in the cheek pouches. The nicotine is absorbed via the oral mucosa. <u>Effects</u>: nicotine triggers the release of dopamine and other messengers, eliciting a sense of being well, awake and relaxed.
Mixed consumption	<ul style="list-style-type: none"> The most common mixed consumption is with alcohol. The combination may cause circulatory problems, dizziness, and feeling sick. Nearly all children and adolescents who have taken nicotine bags have tried other products containing nicotine, such as cigarettes, e-cigarettes, or water pipes. This mixed consumption increases significantly at the age of 13 onward.
Legal appraisal	<ul style="list-style-type: none"> In Germany, the sale of nicotine bags is banned under food law. However, they can be imported from abroad, since there is no ban on their consumption. The sale of snus is banned in Germany. However, changes and exceptions are adopted time and again so that single products are in fact approved for distribution (e.g., as chewing tobacco).

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In the spotlight: **tobacco** Snus, chewing tobacco and snuff

Acute risks & Long-term effects	<ul style="list-style-type: none"> • <u>Acute risks</u>: A nicotine overdose is possible and causes symptoms of poisoning such as feeling sick, dizziness, being sick, and breathing problems. High doses may result in respiratory arrest. • <u>Long-term effects</u>: Snus may cause disorders of the oral mucosa. The risk of gum loss and cancer of the oral cavity is increased. • Nicotine consumption puts the health at risk. • Large amounts of nicotine are associated with a high risk of addiction. • The younger the person at the time they start taking nicotine, the higher the risk of dependency.
Prevention & Recommendations	<p><u>For consumers</u>:</p> <ul style="list-style-type: none"> • Pay attention to the amount and frequency of consumption. • Do not use substances directly one after the other: give your body time to perceive the effects and reduce risks. <p><u>Interacting with young consumers</u>:</p> <ul style="list-style-type: none"> • Set clear boundaries: mutually agree on rules to be complied with at all times. • Motivate them with positive incentives not to consume nicotine products or to reduce or stop consumption. • Seek dialogue, remain calm and approachable. • Ask questions with interest instead of judging or making accusations. • Use 'I' statements: describe your own perceptions and feelings without blaming others. • Address concerns honestly: explain the reasons for your concerns. • Point out possible consequences such as overdose or risks of dependency. • Decide on the next steps together: reducing consumption, using nicotine substitute products, or seeking counseling. Important: set realistic goals.
Statistics	<ul style="list-style-type: none"> • Nicotine bags are widely used among young people: around 1 in 7 male students and 1 in 10 female students aged 16 to 17 have tried nicotine bags at least once.

Sources

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