

## Snus (pronounced "snoose")

Moist snuff in small teabag-like pouches. Used like snuff, but no spitting.



## **Health Effects:**

- Increased risk of pancreatic and oral cancers.
- Needs refrigeration or carcinogenic nitrosamines build up.
- One pouch can contain 2 mg-19 mg of nicotine.



## Common Brands:

Camel Snus: Mellow, Frost

Marlboro Snus: Rich, Mild, Mint, Spice

Triumph (Swedish Brand)\*

Other common snuff brands as a 'pouch' variety



- Heavily marketed by the tobacco industry as a product that can be used where smoking is prohibited
- Sold with candy-like flavors that mask the stronger taste of tobacco



- Snus is cheap, so it is easy for kids to purchase as an impulse buy —a can of 12 pouches can cost as little as \$2.00.
- \*Has its origins in Scandinavia. Is illegal everywhere in Europe except for Sweden and Norway.



