

# THE MORE YOU KNOW

## OUR CONCERNS ABOUT ZYN

### WHAT IS ZYN?

ZYN is the name of a popular brand of oral nicotine. ZYN are small pillow-like pouches that contain pre-portioned amounts of white nicotine powder.

ZYN comes in many flavors including menthol, citrus, coffee and many more, in small discrete packaging.

Social media and marketing has popularized ZYN with terms such as: "Zynning," "Zynnies," "Zynbabawe," along with "Zynfluencers," who are helping to promote ZYN use.



• Comes in **3mg** and **6mg** nicotine pouches

• Pouch is placed between the upper lip ("upper decky") or lower lip ("lower decky") and gum



• One **6mg pouch** equates to about **2-3 cigarettes**

• Each tin contains about **15-20 nicotine pouches**

## HOW NICOTINE POUCHES AFFECT YOU



**NICOTINE  
ADDICTION**



**SORE GUMS  
& MOUTH**



**MENTAL  
HEALTH**



**ABDOMINAL  
CRAMPS**



**NAUSEA**



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