



PASS ON THE POUCHES.

SMOKELESS DOESN'T MEAN HARMLESS.



DON'T BE FOOLED.

Think smokeless tobacco is safer or less addictive than cigarettes?

Think again. It can be just as dangerous.

Since pouches contain nicotine, you're still exposed to the harms of nicotine addiction. If you use pouches constantly, you could become highly dependent on the drug.



(GROSS.)

POUCHES ARE POTENT!

Dipping 8-10 times a day exposes you to as much nicotine as smoking **30-40 cigarettes**.

THAT'S MORE THAN TWO TO THREE TIMES THE AMOUNT OF NICOTINE.



QUIT WHILE YOU CAN.

Everybody quits differently. Only you know what works for you. **Close the tin and pitch those pouches.**

HIDDEN IN EVERY POUCH.

Traces of vile chemicals.

Start your quit journey today
and get back to your life!

FREE* ages 13+

**SOUTH DAKOTA
QUIT
LINE**

1.866.SD-QUITS
SDQuitLine.com

*Any medication and nicotine replacement therapy options vary based on your age. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

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(SICK, DUDE.)