

Ready to get started?

You've made the decision. Now it's time to take the next step toward quitting tobacco. The Nebraska Tobacco Quitline can assist you with helpful resources, including free and confidential counseling.

You don't have to do it alone.

Our Services



24/7 Quitline access to all Nebraskans (excluding some holidays).



Free help offered regardless of health insurance.



Coaching, information, and resources designed to help you quit.



Services available in over 200 languages.



Free quit tobacco medication starter kits for qualified participants.

**NEBRASKA
TOBACCO
QUITLINE**

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TOBACCO
QUITLINE**

1-800-QUIT-NOW

(784-8669)

1-855-DÉJELO-YA

(335-3569)

QuitNow.ne.gov



Nebraska Department of Health & Human Services
Division of Public Health | Tobacco Free Nebraska

October 2025

The Truth About Nicotine Pouches

Higher levels of nicotine.
Highly addictive.

QuitNow.ne.gov

What to Know About Nicotine Pouches







Nicotine Pouches:

- Contain high levels of nicotine—a highly addictive chemical—flavorings, and other harmful ingredients.
- Are not safe for anyone, especially youth, young adults, and pregnant women.
- Are often produced by major tobacco companies.
- Are not a safe or effective way to quit cigarettes, or other tobacco products.
- The levels of nicotine in pouches are high and very addictive, making it difficult to quit once you start using them.

Free, Confidential Help is Here

Call the Nebraska Tobacco Quitline for proven support with any tobacco quit—including nicotine pouches.

The Quitline provides:

-  24/7 access to support
-  Trained quit coaches to guide you through your quit
-  Quit medications to help with cravings (for those who qualify)
-  Tips and tools to manage withdrawal symptoms
-  Personalized quit plans that fit your needs
-  Services available in 200+ languages

Did you know?

Combining coaching with quit medication can more than double your chance of success.

1-800-QUIT-NOW

QuitNow.ne.gov

Looks Can Be Deceiving

Surprisingly high levels of addictive nicotine in every pouch.

Cigarettes

10-12 mg per cigarette
(200-240 mg per pack)



E-cigarettes/Vapes

Range anywhere
from 0-50* mg per
e-cigarette/vape



Chewing Tobacco

7.2 mg per serving
(144 mg per can)



Hookah

1.04 mg per puff



Nicotine Pouches

Range from 3-50 mg
PER POUCH



*Packaging on e-cigarettes often labels nicotine amounts by percentage rather than mg. If an e-cigarette contains 5% nicotine, that's 50 mg of nicotine. Also, studies of e-cigarettes report that e-liquids often contain higher levels of nicotine than labeled. Many e-liquids labeled as containing 0% nicotine were found to contain nicotine.