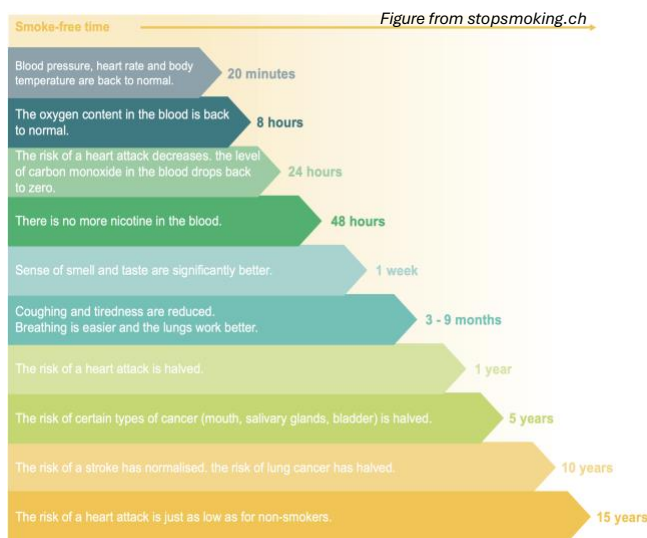


## Recommendations for the safe use of nicotine pouches

### Why nicotine pouches?

- Tobacco smoking is harmful.
- Quitting smoking will improve your health.



- Tobacco-free nicotine pouches are **less harmful** than combustible cigarettes and heated tobacco.

### Application

- Set yourself a quit date to stop smoking tobacco cigarettes. Avoid dual consumption of tobacco cigarettes and nicotine pouches.
- Place the nicotine pouch under the upper or lower lip.
- Leave the nicotine pouch in place for a maximum of 30 minutes.
- Gradually reduce the frequency of use of the nicotine pouches to zero.

### Instructions for use

- Store the nicotine pouches out of the reach of **children and adolescents**.
- Do not swallow nicotine pouches.

### Side effects

- Potential side effects are: Nausea, vomiting, headache, dizziness, mouth irritation, mucosal pain, mucosal bleeding, mouth sores.

- If you have any side effects, stop using the nicotine pouches.
- In case of side effects, contact the study team or your treating physician.

### Resupply

- You will be asked after 8 and 16 weeks whether you need new nicotine pouches.
- You can change the flavor and dosage.
- If you experience any problems with the product or if you need new nicotine pouches, please contact the study team.

### Disposal

- If you no longer wish to use the nicotine pouches, you can dispose them or return them to the study center.

### Support services:

[www.stopsmoking.ch](http://www.stopsmoking.ch)

Telephone counseling for smoking cessation

0848 000 181

### Study contact:

[ChristofManuel.Schoenenberger@usb.ch](mailto:ChristofManuel.Schoenenberger@usb.ch)

**061 265 38 25** (Mon-Fri 8 am-17 p,m)

The RETUNE study conducted by researcher from the University Hospital Basel.



