Cigs in a Pod

TOBACCO PREVENTION TOOLKIT

tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine

=20
CIGARETTES

1 JUUL pod
≈41.3 mg of nicotine

≈41
CIGARETTES

1 PHIX pod
≈75 mg of nicotine

≈75
CIGARETTES

1 Suorin pod
≈90 mg of nicotine

≈90
CIGARETTES