

Cigs in a Pod



tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine



=20
CIGARETTES



1 JUUL pod
≈41.3 mg of nicotine



≈41
CIGARETTES



1 Puff bar
≈50 mg of nicotine



≈50
CIGARETTES



1 Suorin pod
≈90 mg of nicotine



≈90
CIGARETTES

