

Cigs in a Pod

tobaccopreventiontoolkit.stanford.edu

1 Pack of Cigarettes
≈20 mg of nicotine

1 JUUL pod
≈41.3 mg of nicotine

1 Puff bar
≈50 mg of nicotine

1 Suorin pod
≈90 mg of nicotine



≈20

CIGARETTES

≈41

CIGARETTES

≈50

CIGARETTES

≈90

CIGARETTES

