



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

