

Your Future Is Bigger Than a Temporary Buzz



What Are Caffeine & Nicotine Pouches?

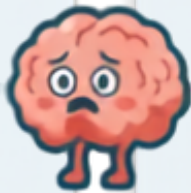
Small pouches placed under the lip that release chemicals into the bloodstream



Risks You Need To Know

Nicotine

Highly addictive and harms developing brains



Caffeine

Causes rapid heart rate and trouble breathing



Think Again

No nicotine product is safe or easy to quit

What Really Happens In Your Body?

Nicotine



Absorbed through the mouth

Short-term boost

Cravings return

Caffeine



Absorbed into the blood

Increases heart rate

Energy crash happens

Stay in Control. Choose Real Energy.



Further Resources

Kamdar, Dipa.

“Caffeine Pouches
Deliver a Fast Hit –
and Hidden Risks.”

The Conversation,
2025



Sankar, Nityasri.

“Why Nicotine and
Caffeine Pouches
Are Risky for All
Ages.” *Atrius*

Health, 2026



“Trending Alternatives
to Help Quit Nicotine.

Do They Work? Are
They Safe?” *Boulder
Community Health*,
2025

