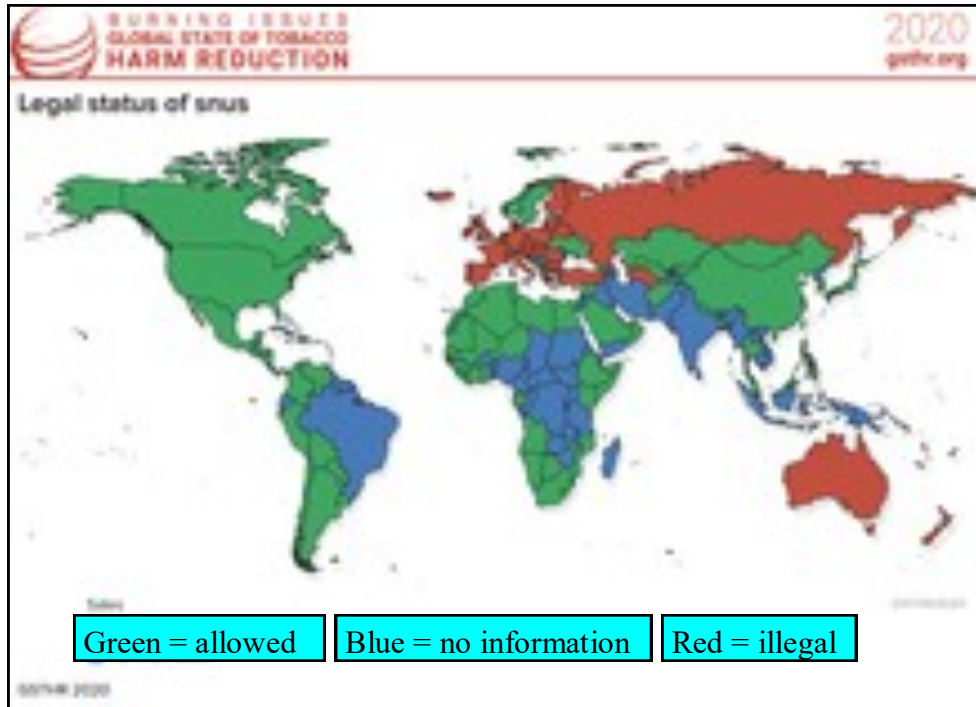


# Have a Snus!...Or...Maybe Not!

Snus (SNOOSS, Swedish) is a tobacco product, originating from a variant of dry snuff in early 18th-century Sweden. It is placed between the upper lip and gum for extended periods. Snus is not fermented. Although used similarly to American dipping tobacco, snus does not typically result in the need for spitting and, unlike naswar, snus is steam-pasteurized.



The sale of snus is illegal in all the European Union countries except for Sweden. It is the most common type of tobacco product in Norway, and is available in Switzerland as well. Some EU countries like Estonia allow the sale of nicotine pouches, snus-like products that contain nicotine but no tobacco. Snus is also available in the US. Canada makes it difficult to obtain snus through its high taxes on imported tobacco products.

Snus has been seen as an alternative to smoking, vaping, chewing, dipping, dissolvable and snuff tobacco products. Snus usually contains nicotine, which is highly addictive. The chemical constituents of different types of snus vary, and population-level studies suggest that the disease risks do, too. [<https://en.wikipedia.org/wiki/Snus>]

And, there *are* definitely risks...Just take a look at the warning label:

**WARNING: This product can cause gum disease and tooth loss.**

...H-m-m-m-m-m-m-m!

