

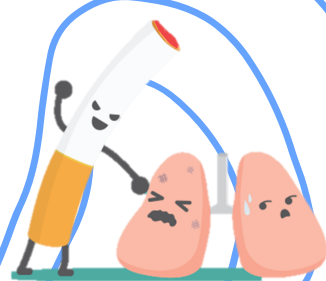


Stoptober: Quit Smoking this Month

Why Quit?

We're certain, we're not the first ones to tell you smoking is bad for your health. It's time to say no to the tar, tobacco and other harmful chemicals.

1



Commit to the Quit.

Quitting smoking is no piece of cake. Put down a list with reasons on why you wish to quit to go back to whenever you need some help.

2



Find Alternatives.

Find alternatives. Nicotine pouches provide a slow, steady dispersal of nicotine, which will make quitting a lot easier.

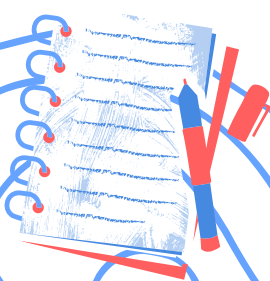
3



Track your packs!

Use an app on your phone or write down how many cigarettes you smoke each day and reflect on how you are feeling throughout the process.

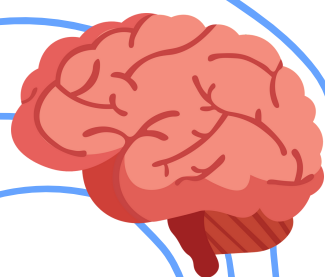
4



Identify the Triggers.

Sounds odd right? Know them better so you can overcome them. Identify your triggers and have a plan to beat them.

5



Ask for Help.

Your cheerleaders have got you covered! Reach out to family and friends for encouragement and support when you're trying to quit.

6

