

Selected views available in the public space on the substance of nicotine

Purpose: The purpose of this document is to give a brief overview of a few views available in the public space regarding nicotine

These quotations are a selection only and do not necessarily reflect the complete views of the scientific community, the Tobacco Europe association, or its members'. These materials are for information purposes and not intended for consumer marketing. Nicotine is addictive, not risk free, and for adults only.

- Tobacco Products Directive Definition of nicotine:
 - 19) 'nicotine' means nicotinic alkaloids (Tobacco Products Directive 2014/40/UE)
Source : https://health.ec.europa.eu/document/download/c4aa6f75-7e52-463b-badb-cbb6181b87c3_en?filename=dir_201440_en.pdf
- “While nicotine is a highly addictive drug, it does not contain toxic chemicals found in cigarettes, including tar and tobacco.” “Nicotine itself does not cause cancer, lung disease, heart disease or stroke and has been used safely for many years in medicines to help people stop smoking.”
Source: U.K. Department of Health and Social Care, Better Health, <https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/>
- “Although nicotine is a very addictive substance it’s relatively harmless. It’s the carbon monoxide, tar and other toxic chemicals in tobacco smoke that’ll cause serious damage to your health.”
Source: UK National Health Service (<https://www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/tobacco#:~:text=arsenic%20and%20formaldehyde-.Nicotine,licensed%20to%20help%20smokers%20quit>)
- “Nicotine, while highly addictive, is not a significant health hazard for people without heart conditions. It does not cause acute cardiac events or coronary

heart disease and is not carcinogenic. But nicotine is a problem for people with heart disease. It raises the heart rate, contradicting the goal of most treatments”

Source: British Heart Foundation

(<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/e-cigarettes#:~:text=Nicotine%20and%20your%20heart,for%20people%20with%20heart%20disease>)

- “The harm of smoking is therefore caused not by nicotine, but by other constituents of tobacco smoke. Non-tobacco nicotine products that reproduce the nicotine delivery and behavioural characteristics of smoking, without the many other toxins in tobacco smoke, therefore have the potential to allow smokers to continue to use nicotine and avoid the significant harm to themselves and others that smoking causes.”

Source: Royal College of Physicians. *Nicotine without smoke: Tobacco harm reduction*. London: RCP, 2016. https://www.rcp.ac.uk/media/xcfa4ed/nicotine-without-smoke_0.pdf

- “Most of the physiological harm attributable to cigarette smoking derives from the toxicants in tobacco and combustion products. Preventable morbidity and mortality has overwhelmingly been related to combusted tobacco smoking, not to nicotine itself. Decoupled from combustion or other toxic modes of delivery, nicotine, by itself, is much less harmful.”

Source: Niaura R. 2016. Re-thinking nicotine and its effects. Schroeder Inst. Tob. Res. Policy Stud., Truth Initiat., Washington, DC. https://truthinitiative.org/sites/default/files/media/files/2019/08/ReThinking-Nicotine_0.pdf.

- “Does nicotine cause cancer? No. Nicotine is a common chemical compound found in tobacco plants, and its effect is to make tobacco addictive rather than to cause cancer directly.

Source: WHO International Agency for Research on Cancer (<https://cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways/tobacco/199-nicotine-cause-cancer>)

- “About three quarters of people [adults in the USA] either were unsure of the relationship between nicotine and cancer or incorrectly believed that nicotine causes cancer.”

Source: O'Brien EK, Nguyen AB, Persoskie A, et al. . U.S. adults' addiction and harm beliefs about nicotine and low nicotine cigarettes. *Prev Med* 2017;96:94–100. 10.1016/j.ypmed.2016.12.048 - DOI - PMC – PubMed (<https://pmc.ncbi.nlm.nih.gov/articles/PMC5328980/>)

- “Findings should be considered in assessing the public health impact of marketing low nicotine products. Incorrectly believing that nicotine causes cancer could discourage smokers from switching to safer nicotine-containing alternatives, and could lead nonsmokers to experiment with low nicotine tobacco products, believing that cancer risk would be reduced.”

Source: Erin Keely O'Brien, Anh B. Nguyen, Alexander Persoskie, Allison C. Hoffman, U.S. adults' addiction and harm beliefs about nicotine and low nicotine cigarettes, *Preventive Medicine*, Volume 96, 2017, Pages 94-100, ISSN 0091-7435, <https://doi.org/10.1016/j.ypmed.2016.12.048>. (<https://www.sciencedirect.com/science/article/pii/S0091743516304510>)