If you must chew, chew Mint Snuff™

“That’s Mint Snuff Chew™!”

“... And Pouches™ too!”

Mint Snuff Chew™ & Mint Snuff Pouches™ are available in a variety of flavors! Mint, Mint Pouches, Cinnamon, Spearmint, Wintergreen & Wintergreen Pouches

Mint Snuff Chew™ and Mint Snuff Pouches™ are “tobacco-free” all-mint products, designed and marketed as healthy alternatives for those who use tobacco and want to quit. If you presently don’t use tobacco, don’t start. The problem with tobacco is nicotine addiction.

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For a store near you or to order:
1-800-MINT-SNUFF    www.mintsnuff.com

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TAKE THE 10-STEP ORAL CANCER SELF-EXAM

☐ 1. Observe head for any swelling or asymmetry
☐ 2. Look for changes in color, texture or surface of lips
☐ 3. Examine and feel the inside of upper and lower lips
☐ 4. Check the inside of your cheeks
☐ 5. Examine and feel the floor of the mouth
☐ 6. Check tissues surrounding the teeth
☐ 7. Inspect the top of the tongue
☐ 8. Check the sides of the tongue
☐ 9. Check the roof of the mouth
☐ 10. Check the back of the throat and tonsillar area


Have regular dental exams to have tissues checked by your dentist. However, if you detect any suspicious areas between scheduled exams, you should immediately contact your dentist for consultation. Early detection of oral cancer lesions is critical! Therefore, a monthly self-examination is recommended.

WARNING

IF YOU HAVE AN AREA OF WHITE TISSUE IN YOUR MOUTH FROM USING TOBACCO... YOU ARE AT RISK! SEE YOUR DENTIST OR PHYSICIAN IMMEDIATELY!

Identify The Warning Signs
• A sore that doesn’t heal
• A lump or thickening
• White, leathery-looking tissue
• A red or white patch that persists
• Difficulty chewing, swallowing or moving tongue or jaw

ARE YOU READY TO QUIT CHEWING TOBACCO?

Know the facts
Identify the warning signs
Plan to quit
The dangers of chewing tobacco use have not received the same publicity that smoking has. A chemical time bomb is ticking in the mouths of millions of Americans. Research shows that 15-20% of all adolescent men use smokeless tobacco. About half of them have precancerous lesions in their mouth. The chances of a smokeless tobacco user getting oral cancer is 400% greater than non-users.

Tobacco products contain the organic carcinogen nitrosonornicotine (NNN) which readily produce malignant tumors in the trachea, esophagus, liver and of course, the mouth. A large percentage of flavoring salts contribute to increased risks of high blood pressure and kidney disease among smokeless tobacco users.

Tobacco products are made from mint. Mint Snuff™ products do not contain tobacco, no nicotine, and no dangerous chemicals. It is completely edible, you don’t have to spit unless you want to!

To use, place a “pinch” between the cheek and gums. The juices and pulp are safe to swallow.

Mint Snuff Pouches™ are a healthy alternative to cigarettes and chewing tobacco. These Pouches are miniature tea bags containing natural mint and time-release crystallized flavors.

When it’s time for a cigarette or a chew of tobacco, “Pop-A-Pouch™” instead! These long-lasting, one-calorie breath fresheners are bursting with refreshment!

To use, place a Mint Snuff Pouch between your cheek and gums to let the flavor crystals dissolve slowly. When the flavor diminishes, gently bite the Pouch to release even more flavor. The juices are meant to be swallowed. The Pouch itself is not.

It’s Not Tobacco. It’s Mint! Natural, fresh tasting mint.
You Don’t Have To Spit. Mint Snuff™ products are edible and safe to swallow.
All Ingredients Are Food Grade! Mint Snuff™ products are made from mint.
No “Unknown” Chemicals! The ingredients in Mint Snuff™ are listed on the label unlike tobacco products, which do not list their ingredients.
No High Salt Levels! Mint Snuff™ products do not contain salt.

Mint Snuff™ is mint leaves kept moist with maltitol, a sugar-free solution derived from corn syrup that does not promote tooth decay. It comes in four flavors: Original Mint, Wintergreen, Cinnamon and Spearmint. All ingredients in Mint Snuff Chew™ are food grade. It is completely edible, you don’t have to spit unless you want to!

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