

## Nicotine

The FDA is thinking about lowering the amount of nicotine allowed in cigarettes. Nicotine is a highly addictive drug found in the tobacco plant. Most tobacco products, including cigarettes, cigars, pipe tobacco, hookah, dip, and e-cigarettes, contain nicotine. Different tobacco products have different health risks, but using any tobacco product that contains nicotine can lead to addiction. This is because nicotine changes your brain to make you want more of it. Some products, like cigarettes, are designed to deliver nicotine to your brain as fast as possible to keep you smoking once you start, even if you want to stop.

Most people know that cigarettes are addictive, but many people do not understand the role of nicotine in cigarette addiction, disease and death. Nicotine is what keeps people smoking, but it is not what makes cigarettes so deadly. Every time you light a cigarette, you create and inhale more than 7,000 chemicals. It is this toxic mix of chemicals that causes serious disease and death in smokers and people exposed to their smoke. FDA hopes to help reduce the number of people who die from addiction to this deadly product by making cigarettes less addictive and easier to quit.