
APPENDIX B

ORAL SNUFF SUBSTITUTES

1. BACC OFF

(flavors: Straight, Wintergreen, Extra Wintergreen, Mint, and Cinnamon)

Write to: Dipstop, Inc.
656 Lake Lanier Rd.
Selma, AL 36701
1-800-8NO-CHEW (1-800-866-2439) or 1-602-632-7984

Online: www.dipstop.com

2. GOLDEN EAGLE Herbal Chew

(flavors: Hibiscus Ginger, Wintergreen, Licorice Mint, and Original Cinnamon)

Write to: Coltsfoot, Inc.
P.O. Box 5205
Grants Pass, OR 97528
1-800-736-8749 or 541-476-8267; Fax 541-476-0205

Online: www.goldeneaglechew.com

3. KIKIT Coconut-based alternative

(Available in Original Shredded White, Wintergreen Mid-Cut, Classic Fine-Cut)

Write to: KIKIT
2302 Prospect St.
Sarasota, FL 34239
1-877-NEWCHEW (639-2439); Fax 941-364-2274

Online: www.kikit.net

4. MINT SNUFF

(flavors: Original Mint, Wintergreen, and Cinnamon)

Write to: Oregon Mint Snuff Co., Customer Service
P.O. Box 9
Tillamook, OR 97141
1-800-EAT-MINT (1-800-328-6468)

Online: www.mintsnuff.com or quittobacco.com

5. SMOKEY MOUNTAIN Herbal Chew

(flavors: Cherry, Classic, and Wintergreen)

Write to: Smokey Mountain Chew, Inc.
P.O. Box 1071-A
Grand Rapids, MN 55745-1071
1-800-SMC-CHEW (1-800-762-2439); Fax 218-327-1575

Online: www.smokeysnuff.com

You can find these products in many supermarkets at about \$2–\$2.50 per can.

ST NRT Dosing Algorithm

Oregon Research Institute 2010
Herb Severson, Ph.D.

Spit Tobacco Algorithm@

SLT / Week	Patch / Gum / Lozenge Dosage	Comments
2 tins or less / week	<p style="text-align: center;">Patch: 14 mg. x 4 weeks 7 mg. x 4 weeks</p> <p style="text-align: center;">Gum / Lozenge*: 8 – 12 4-mg pieces per day x 8 weeks (not to exceed 24/20 pieces per day)</p>	<p>If patch adjust dosage to be 14 mg as starting dose. (14 mg x4 weeks; 7 mg x 4 weeks)</p> <p>If prt is concurrently using any other form of tobacco w/ ST, increase starting dosage to 21 mg patch</p>
>2 but <5 tins / week	<p style="text-align: center;">Patch: 21 mg plus gum or lozenge* 21 mg x 4 weeks 14 mg x 2 weeks 7 mg x 2 weeks</p> <p style="text-align: center;">As needed gum / lozenge*: 4 – 8 pieces per day /4 mg</p> <p>OR:</p> <p style="text-align: center;">Gum / Lozenge*: 12 – 16 4-mg pieces per day x 8 weeks (not to exceed 24/20 pieces per day)</p>	
5 or more tins/week	<p style="text-align: center;">Patch: 21 mg plus 4-mg gum or lozenge*: 1 per waking hour</p> <p>OR:</p> <p style="text-align: center;">Gum/Lozenge*: 16 – 20 / 4-mg gum or lozenge per day for 8 weeks (not to exceed 24/20 pieces per day)</p>	

* for Lozenge enter First Tobacco Use to indicate within 30 minutes of waking

@ Please note that these are recommendations only and can be modified based on dependence scores on FTND-ST or the Severson Scale for Dependence on Smokeless Tobacco (SSDS)

