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| Nicotine fact sheet: True or false? | | | |
| 1.  Nicotine has no colour and is an oily substance found in the tobacco plant. | 2.  Nicotine causes the yellow stains on your teeth and fingers.  . | 3.  Nicotine is found in smoked tobacco, nicotine vapes, smokeless tobacco, and nicotine patches, gum and sprays. | 4.  Nicotine may be riskier for young people as the developing brain is more sensitive to its effects. |
| 5.  Nicotine causes cancer. | 6.  Nicotine is bitter. | 7.  Nicotine is highly addictive. | 8.  Nicotine replacement therapies are as addictive as smoking. |
| 9.  Nicotine can make you feel dizzy, sick, weak and give you a headache. | 10.  Nicotine causes your heart rate to increase. | 11.  Nicotine replacement therapy products are as harmful as smoking. | 12.  Nicotine withdrawal symptoms include anxiety, trouble concentrating and headaches. |

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