

# Position Paper - Snus

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## What is Snus?

Snus is processed tobacco produced in the form of moist powder that is placed under the upper lip. Unlike chewing tobacco, Snus does not require spitting and releases nicotine slowly and continuously. In recent years, the use of snus has become common among athletes in various sports (1).

## Is Snus Legal in Sports?

Currently, Snus is not on WADA's list of prohibited substances but is on the monitoring list. However, since snus is not regulated like medicines, some snus products may contain additional substances that could cause doping violations and suspensions from competitive sports (6).

## Side Effects of Snus

**The use of snus is accompanied by numerous side effects:**

- 🔊 **Cardiovascular diseases:** Regular use of snus is associated with an increased risk of cardiovascular diseases, including high blood pressure and heart attacks (2).
- 🔊 **Cancer risk:** Some studies suggest that snus increases the risk of various cancers (3).
- 🔊 **Oral health damage:** The use of snus can cause damage to gums, inflammation, and tooth decay (4).
- 🔊 **Psycho-neurological effects:** snus can cause addiction, anxiety, sleep problems, and cognitive disorders (5).

## Summary and Recommendations

Although snus is not currently on the prohibited list of the World Anti-Doping Agency, due to the health side effects and the risk of contamination that could lead to an anti-doping rule violation and suspension from competitive sports, we recommend avoiding the use of snus. The use of this substance is dangerous to health and can jeopardize the athletic career of its users due to contamination.

## Sources:

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