

Think



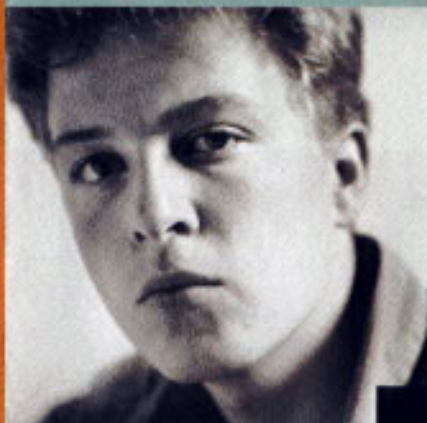
Spit tobacco (also called dip or chew) contains cancer-causing, addictive substances.

Chewing it can quickly

develop into a gross, deadly dependence. **If you haven't started chewing tobacco, don't!** If you are using tobacco already, think about quitting, and get some help. A good place to start is by speaking with your dentist.

Think

Before You
Chew



SMOKELESS **DOESN'T** MEAN HARMLESS



ADA