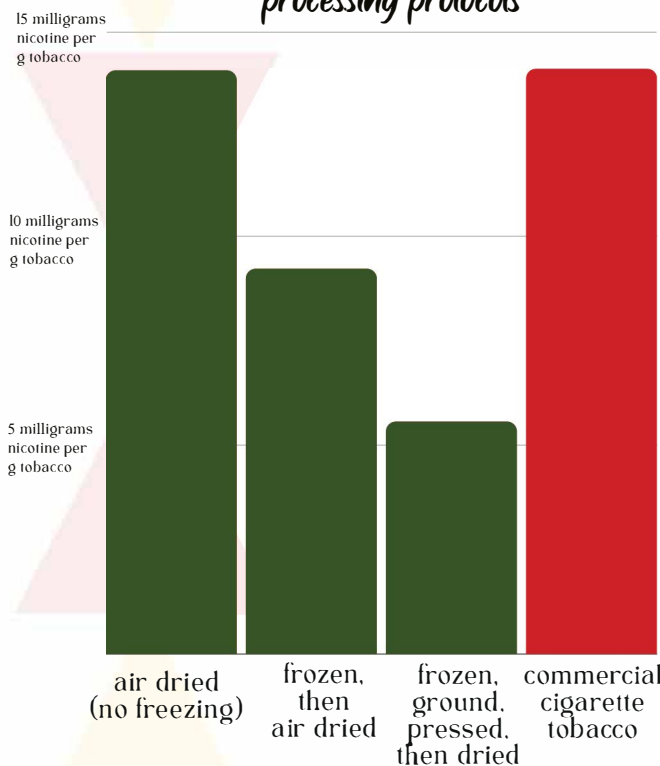


# Traditional Tobacco

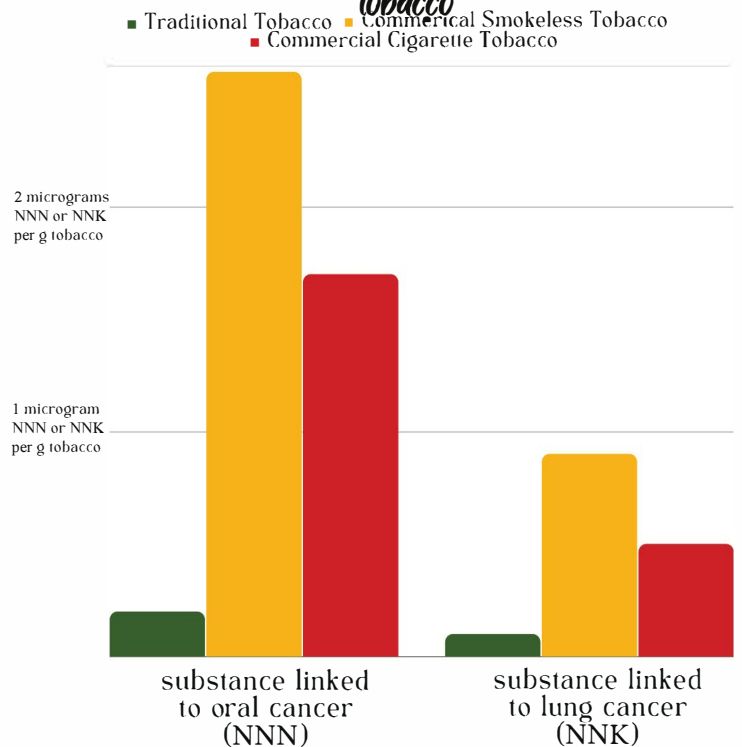
Tobacco exists in multiple ways. Many American Indian communities use tobacco for sacred and ceremonial purposes. Many of these tribal communities maintain cultural protocols and processes for growing and processing tobacco. Our collaboration focused on confirming what is already known about the benefits of utilizing traditional tobacco. Traditional tobacco does NOT have higher nicotine than commercial cigarette tobacco. Adhering to cultural processing protocols can lead to even lower nicotine levels. Additionally, these practices can prevent formation of harmful substances in traditional tobacco which are found in commercial tobacco.

*NOTE: When tobacco is used for cultural purposes, it is not used for recreational/commercial purposes.*

*Nicotine levels are not higher than commercial cigarette tobacco and even lower for some processing protocols<sup>1</sup>*



*Lack of harmful substance formation in traditional tobacco compared to commercial tobacco*



When unburned traditional tobacco (*nicotiana rustica*) is frozen before drying, nicotine levels are reduced compared to air drying without freezing. If the unburned traditional tobacco is frozen, ground, and pressed before drying, then nicotine levels are reduced even more. This means the liquid pressed out contains substances that were originally present in it.

There is a lack of harmful substance formation linked to oral and lung cancer in our samples of unburned traditional tobacco. This is in stark contrast to unburned commercial cigarettes and smokeless tobacco that have high levels of these harmful substances.

<sup>1</sup> Protocols are based on a tribal nation in the Midwest region of the U.S. Your tribe may have other processing protocols. Share and learn more here: [Traditionaltobacco.org](http://Traditionaltobacco.org)

