

# Spit Tobacco: A Guide for Quitting

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## [Spit Tobacco: A Guide for Quitting](#) [1]

[Spit Tobacco: A Guide for Quitting](#) [2]

**Description:** Delta Dental provides a quit guide for spit tobacco.

**Source:** NIH

**field\_vote:**

**Product:** [tobacco](#) [3]

**Tags:** [cessation](#) [4]

[dependence](#) [5]

[tolerance](#) [6]

[withdrawal](#) [7]

**Resource Type:** [patient education materials](#) [8]

**Source URL:** <https://www.sbirtraining.com/node/1690>

### Links:

[1] <https://www.sbirtraining.com/node/1690>

[2] <http://www.deltadentalma.com/your-oral-health/articles/spit-tobacco-a-guide-for-quitting/>

[3] <https://www.sbirtraining.com/category/product/tobacco>

[4] <https://www.sbirtraining.com/category/tags/cessation>

[5] <https://www.sbirtraining.com/category/tags/dependence>

[6] <https://www.sbirtraining.com/category/tags/tolerance>

[7] <https://www.sbirtraining.com/category/tags/withdrawal>

[8] <https://www.sbirtraining.com/category/resource-types/patient-education-materials>