

**From:** [REDACTED]  
**To:** [Medicines Scheduling](#)  
**Subject:** Proposed Amendments to the Poisons Standard (Medicines) – Nicotine [SEC=No Protective Marking]  
**Date:** Wednesday, 8 July 2020 3:25:42 PM  
**Attachments:** [REDACTED] [public-submission-cover-sheet.pdf](#)

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To whom it may concern,

Please note that I would like to make the following submission to have the poison standard amended to include nicotine in tobacco “prepared and packed for heating”.

I was not a smoker, yet I took up vaping during a particularly difficult period of my life to help manage my anxiety. It works well and I've been doing it for 3 years now. I feel no side effects and can still run 2.4km in under 12mins. I plan to quit once the difficult period passes, mostly only for the money it would save. I find smoking a disgusting habit and have no interest in smoking or other alternatives.

There is no sense in making a clearly far less harmful alternative to smoking difficult or impossible to obtain when it has demonstrably positive mental health benefits.