Claims:

1. A capsule containing particles comprising nicotine and defining an internal volume, wherein only a single aperture having a diameter from about 0.5 mm to about 1.5 mm extends through the capsule and is sized to provide a fraction amount of particles comprising nicotine and having a mass median aerodynamic diameter from about 0.5 micrometres to about 4 micrometers, at conventional smoking regime air flow rates of less than about 5 L/min once a piercing element used to form the single aperture is withdrawn from the single aperture.

2. The capsule according to claim 1, wherein the particles comprising nicotine have a mass median aerodynamic diameter and the single aperture has a diameter and wherein the ratio of the diameter of the single aperture to the mass median aerodynamic diameter of the particles comprising nicotine is from about 200 to about 800.

3. The capsule according to any one of the preceding claims, wherein the nicotine comprises nicotine salt or nicotine salt hydrate.

4. The capsule according to any one of the preceding claims, wherein the particles comprising nicotine comprise an amino acid, such as leucine or L-leucine.

5. The capsule according to any one of the preceding claims, wherein the capsule contains particles comprising flavour and having a mean diameter of about 20 micrometres or greater, or in a range from about 50 micrometres to about 150 micrometres.

6. The capsule according to any one of the preceding claims, wherein the single aperture has an open surface area of from about 0.2 mm^2 to about 1 mm^2.

7. The capsule according to any one of the preceding claims, wherein the internal volume of the capsule is from about 0.2 ml to about 0.45 ml.

8. The capsule according to any one of the preceding claims, wherein the single aperture has an open surface area in a range from about 0.7 mm^2 to about 7 mm^2 per ml of internal volume of the capsule.

9. The capsule according to any one of the preceding claims, wherein the capsule contains from about 10 mg to about 200 mg of dry powder.

10. The capsule according to any one of the preceding claims, wherein the single aperture is incident with a longitudinal axis of the capsule.

11. A dry powder inhaler comprising a capsule according to any one of the preceding claims.

12. The dry powder inhaler according to claim 11, wherein the capsule is disposed in a capsule cavity configured to allow the capsule to rotate with stability within the capsule cavity.