CLAIMS:

1. A particle, comprising:

nicotine;

a sugar; and

an amino acid or short peptide, wherein the amino acid comprises leucine, alanine, valine, isoleucine, methionine, phenylalanine, tyrosine, or tryptophan or a combination thereof, and the peptide comprises trileucine.

2. The particle of claim 1 wherein, the particle has a size in a range from 0.5 to 10 micrometres or in a range from 0.5 to 5 micrometres

3. The particle of claim 1 or 2 wherein, the amino acid comprises leucine.

4. The particle of any one of the preceding claims, wherein the sugar comprises trehalose, or mannitol.

5. The particle of any one of the preceding claims, wherein the nicotine comprises a nicotine salt selected from the group consisting of nicotine lactate, nicotine pyruvate, nicotine citrate, and nicotine aspartate.

6. The particle of any one of the preceding claims, wherein the amino acid comprises leucine and the sugar comprises trehalose and the nicotine comprises nicotine lactate.

7. The particle of any one of claims 1 to 5, wherein the nicotine comprises nicotine citrate or nicotine aspartate.

8. The particle of any one of the preceding claims, wherein the particle comprises 25 wt% or less nicotine or from 5 to 15 wt% nicotine.

9. The particle of any one of the preceding claims, wherein the particle comprises 60 wt% to 95 wt% sugar or from 70 to 90 wt% sugar.

10. The particle of any one of the preceding claims, wherein the particle comprises 1 wt% to 10 wt% amino acid or from 3 to 7 wt% amino acid.

11. A composition comprising a plurality of particles according to any one of the preceding claims, wherein 90% of the plurality of particles have a particle size of 4.5 micrometres or less, and 50% of the plurality of particles have a particle size of less than 2.5 micrometres.

12. A method, comprising:

combining nicotine, a sugar, and an amino acid or short peptide in a liquid carrier to form a liquid mixture, wherein the amino acid comprises leucine, alanine, valine, isoleucine, methionine, phenylalanine, tyrosine, or tryptophan or a combination thereof, and the peptide comprises trileucine; and

spray drying the liquid mixture to form a plurality of particles having a size in a range from 0.5 to 10 micrometres or in a range from 0.5 to 5 micrometres.

13. The method according to claim 12, wherein the combining step comprises combining a cough suppressant with the nicotine, a sugar, and an amino acid or peptide in the liquid carrier to form the liquid mixture.

14. The method according to claim 11 or 12, wherein the nicotine is a nicotine salt selected from the group consisting of nicotine lactate, nicotine pyruvate, nicotine citrate, and nicotine

aspartate, and the sugar comprises trehalose, mannitol, sucrose, or lactose, and the amino acid comprises leucine, alanine, valine, isoleucine, methionine, phenylalanine, tyrosine, or tryptophan.

15. The method according to any one of claim 12 to 14, wherein the sugar comprises trehalose, and the amino acid comprises leucine, and the dry powder composition comprises 25 wt% or less nicotine or from 5 to 15 wt% nicotine.