



1-800-QUIT-NOW



ESCAPE THE VAPE

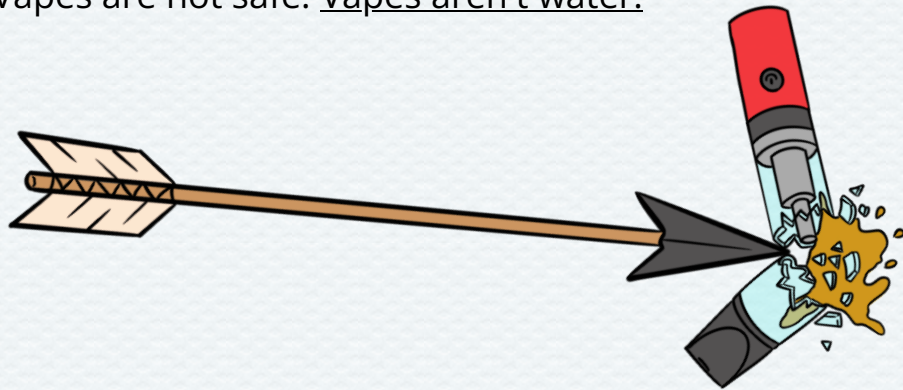
Why is Vaping so Dangerous

Almost all of vape liquids contain nicotine, which is one of the most addictive substances in the world after heroin and cocaine. Recent research suggests that vaping can promote and stimulate the growth of a variety of **cancers** in the body.

Vape pens or similar devices can deliver a large level of nicotine very quickly. Each vape pod can contain as much nicotine as a pack of cigarettes.

Vaping has been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown.

Vapes may contain harmful chemicals that aren't listed on the pack. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe. Vapes aren't water.



E-juice

Contains:

- Nicotine
- Propylene glycol (PG)
- Vegetable glycerin (VG)
- Flavors concentrate. More than 7,700 flavors are sold without labeling or testing requirements.

Inside the Vapor

The vapor contains at least 10 chemicals known to cause **cancer** or birth defects.

- Acetaldehyde
- Benzene
- Cadmium
- Formaldehyde
- Lead
- Nickel
- Nicotine
- Toluene

