

# TRUE OR FALSE?

"IT'S JUST WATER VAPOR & NICOTINE"

**FALSE**

**VAPING AEROSOL IS HARMFUL IT IS NOT ONLY WATER VAPOR**

**ACETALDEHYDE**

**GLYCERIN**

**DIACETYL**

**ACROLEIN**

**FORMALDEHYDE**

**BENZENE**

**ACETONE**

## Neurotoxic Elements

Vape-pens create an aerosol-vapor of HUGE amounts of nicotine, heavy metals and toxic chemicals. When inhaled they go deep into the lungs and may lead to cancer, irreversible lung disease and heart damage

When devices are heated, toxic chemicals are produced from the metal and coil that interact with the human body, causing serious damage to the central nervous, respiratory, cardiovascular, and immunological systems

**VAPING = NICOTINE + TOXINS: Acetaldehyde - Acetone - Acrolein - Benzene - Cadmium - Diacetyl - Formaldehyde - Propylene Glycol - Synthetic Coolants Toluene - Vegetable Glycerin - Volatile Organic Compounds - Neurotoxic Elements (nickel, tin, arsenic, & lead)**



Want to quit vaping?  
text DITCHVAPE to 88709.



THE REAL COST OF VAPING

CONSEQUENCES OF E-CIGS