

# TRUE OR FALSE?

"NICOTINE CONTRIBUTES TO ACNE"

**TRUE**

HOW?... NICOTINE:

THE MORE YOU VAPE, THE MORE NICOTINE YOU NEED TO FEEL GOOD

NICOTINE CONSTRICTS BLOOD VESSELS, OXYGEN & NUTRIENTS TO THE SKIN

CAUSES

AGING SKIN, SLOWED HEALING & INCREASED INFLAMMATION/ACNE

NICOTINE IMPACTS HORMONAL LEVELS & DEHYDRATION

CAUSES

EXASPERATING SKIN ISSUES AND ACNE

NICOTINE INCREASES OILY SUBSTANCES IN THE SKIN

CAUSES

BACTERIA & INFLAMMATION CAUSING ACNE BREAKOUTS

WHEN YOU TRY TO STOP, NICOTINE WITHDRAWAL CAUSES UNPLEASANT MENTAL AND PHYSICAL SYMPTOMS

Want to quit vaping? text DITCHVAPE to 88709



NICOTINE HARMS THE SKIN

<https://pubmed.ncbi.nlm.nih.gov/34785004/>