

**Myth:** Nicotine in Vaporizer products is the same as combustibles.

**Fact:** A pack of cigarettes is approximately 200mg of nicotine. Most e-liquids contain 3mg-12mg of nicotine per ml of juice. An important fact is that JUUL pods which are under a lot of scrutiny each contain 5% or about 40-50 mg of nicotine per .7ml pod. It is also important to remember that E liquid does have a 0mg option which combustibles do not.

**Myth:** Underage people are buying Vaping products at your local vape shop.

**Fact:** The numbers do not show this! The FDA commissioner has stated that “vape shops help our cause”. He further elaborates that “all e -cigarette sales should be confined to vape shops”. Online sales have also been raised as a concern as many retail sites have not implemented secure age verifying software.

**Myth:** Vaping causes popcorn lung

**Fact:** This is what Gov.UK has to say:

“One of the most commonly held concerns is that e-cigarettes might cause ‘popcorn lung’. This came about because some flavorings used in e-liquids to provide a buttery flavor contain the chemical diacetyl, which at very high levels of exposure has been associated with the serious lung disease bronchiolitis obliterans. The condition gained its popular name because it was initially observed among workers in a popcorn factory. However, diacetyl is banned as an ingredient from e-cigarettes and e-liquids in the UK. It had been detected in some e-liquid flavorings in the past, but at levels hundreds of times lower than in cigarette smoke. Even at these levels, smoking is not a major risk factor for this rare disease.”

**Myth:** E-cigarettes must be harmful because they contain nicotine.

**Fact:** Why change resources when GOV.UK has it so right?

“Some four out of 10 smokers wrongly think nicotine causes most of the tobacco smoking-related cancer, when evidence shows nicotine actually carries minimal risk of harm to health. Although nicotine is the reason people become addicted to smoking, it is the thousands of chemicals contained in cigarette smoke that causes almost all of the harm . E-cigarettes do not contain tar or carbon monoxide, two of the most harmful

elements in tobacco smoke. They do contain some chemicals also found in tobacco smoke, but at much lower levels.”

**Myth:** Ecig use will lead young people into smoking.

**Fact:** This misconception is highly debated and very contentious. This is what uk.gov says.

“Our report found no evidence so far to support the concern that e-cigarettes are a route into smoking among young people. UK surveys show that young people are experimenting with e-cigarettes, but [regular use is rare and confined almost entirely to those who already smoke](#).” Is it possible that some of the “fact” and figures that we have seen, recently, could be skewed? Is it possible that as Sen Richard Burr of North Carolina says we are thinking of banning products that offer harm reduction “under the false pretense that we’re doing this because of America’s youth? America’s youth is doing the right thing. They are reducing their combustible habit”.

**Myth:** Vaporizers are unsafe because they will explode.

**Fact:** I know some of you may have seen videos or new stories about explosive vaporizers. However, vaporizer batteries are no more dangerous than the batteries in any other electronic devices (cell phones, laptops). It all comes down to education that happens in vape shops like ours. We teach safe, accurate use and are always available when someone has a problem or concern.

**Myth:** e liquid contains formaldehyde.

**Fact:** “A [peer-reviewed study published](#) by five scientists at Portland State University, claimed that at extremely high temperatures, the vapor produced can contain Formaldehyde which is a known carcinogen. However, the same study showed that when vaped at regular temperatures, there were no traces of Formaldehyde. So, the study that was conducted to show the bad side of vaporizers, actually proves them to be not as harmful as claimed by some.” Migg vapor

“I want to re-iterate: E cigarettes could help many American end their addiction to cigarettes” DHHS secretary Alex Azar

