**BE ON THE LOOKOUT**

**NON-NICOTINE E-CIGARETTES**

NEW METHODS OF TEEN E-CIGARETTE USE

**WHAT ARE THEY?**
E-cigarettes that supposedly don’t contain nicotine. They might be advertised as a way to vape vitamins and supplements.

**WHAT DO THEY LOOK LIKE?**
Most look like sleek, colorful USB sticks or cylindrical pens. Popular brands include Cloudy and VitaminVape.

**ARE TEENS USING?**
YES. A recent survey found that a sizable number of US teens are using these products, and co-using them with nicotine e-cigarettes.

**ARE THEY SAFE?**
NO. E-cigs still contain harmful chemicals (e.g., PG/VG, hidden heavy metals). Further, the health effects of inhaling vitamins are UNKNOWN.

**ARE THEY REGULATED?**
These products are currently not regulated by the FDA. There are no federal age restrictions on purchasing these products.

**BOTTOM LINE?**
There is no safe e-cigarette. Talk to your teens and protect lung health by avoiding all e-cigarette products!

For more information on e-cigarettes, please visit the Stanford Tobacco Prevention Toolkit.