• 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



nergy

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 ecigarettes.

to vape vitamins and supplements.



ARE THEY SAFE?

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 <u>Stanford Tobacco Prevention Toolkit</u>