DON'T INHALE BS

NON-NICOTINE E-CIGARETTES

THERE IS NO BETTER TIME TO PROTECT YOUR LUNGS

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

ARE THEY SAFE?
NO.
The health effects from inhaling vitamins and supplements are UNKNOWN.

WHAT’S IN THEM?
There are still HARMFUL chemicals found in e-cigarettes, regardless of nicotine (e.g., PG/VG, hidden heavy metals).

FEDERAL REGULATION?
These products are currently NOT regulated by the FDA.

THE BOTTOM LINE?
There is no better time than now to protect your lungs by avoiding all e-cigarette products.

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