

# The Truth About E-cigarette Liquids

## Big Health Concerns in Small Bottles

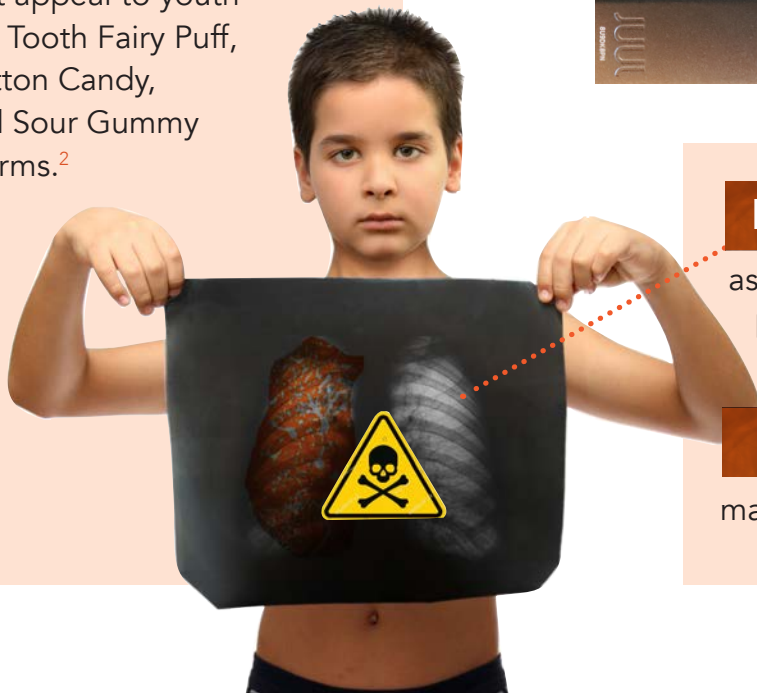


### What is an e-cigarette liquid?

E-cigarette liquids are the liquids that are added to e-cigarettes and other vaping devices. They are also called e-liquids, e-juice, or vape juice. They contain nicotine and flavoring chemicals which are dangerous to inhale.

### Over 15,000 e-cigarette liquid flavors exist!<sup>1</sup>

Chemicals added to e-liquids make them taste sweet like fruit, candy, and other flavors that appeal to youth like Tooth Fairy Puff, Cotton Candy, and Sour Gummy Worms.<sup>2</sup>



## Common Flavoring Chemicals<sup>3</sup>

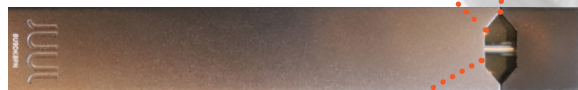
### Benzaldehyde

respiratory irritant that **causes death in rabbits** exposed to it



### Cinnamaldehyde

found to be **toxic to human cells** at certain doses



### Diacetyl

associated with a condition called **popcorn lung** which **damages cell lining** and **scars the lungs**

### 2,3-Pentanedione

may also cause **popcorn lung**





## Some Flavoring Chemicals are Toxic to the Lungs.<sup>3</sup>

While many chemicals found in flavorings are generally regarded as safe to eat, the **health impact of inhaling them is unknown** and can cause harm.

The FDA has banned the sale of flavored cigarettes (other than menthol) because **they appeal to youth**. But flavored e-cigarettes, e-liquid, hookah, cigars, and chewing tobacco **continue to be sold**.



## Protecting Our Youth

**Prohibiting the sale of all flavored tobacco products** is a critical step to preventing another generation of young people from living with a lifetime of addiction.

### Additional steps include:

- 1 Talk to your children and their friends** about the harmful chemicals that exist in flavored e-liquids.
- 2 Get help with quitting.** Call 1-800-NO-BUTTS (1-800-662-8887) for free help quitting for yourself, a family member or friend.
- 3 Contact your local elected officials** and ask them to take steps to protect your community's youth from easy access to flavored tobacco products.
- 4 Support increased federal regulation** of product and manufacturing standards, ingredient labeling, health warnings and marketing restrictions for e-liquids.



### Sources:

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- Fowles, J., & DiBartolomeis, M. (2017). *Toxicological concerns from inhaled food flavorings found in electronic (e-) cigarette aerosols: A report from the environmental health investigations branch*. Richmond, CA: California Department of Public Health.



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