

BREAK DOWN

FACT SHEET

Fact: Nicotine is addictive.

Source: Hiler M, Breland A, Spindle T, et al. Electronic cigarette user plasma nicotine concentration, puff topography, heart rate, and subjective effects: Influence of liquid nicotine concentration and user experience. *Experimental and clinical psychopharmacology*. 2017; 25(5), 380.

Fact: Nicotine is found in both cigarettes AND vapes.

Source: Vansickel AR, Eissenberg T. Electronic cigarettes: Effective nicotine delivery after acute administration. *Nicotine & Tobacco Research*. 2013; 15:267-270.

Fact: One pod contains as much nicotine as nearly half a pack of cigarettes.

Source: JUULpod Basics webpage; Nicotine Concentration (<https://support.juul.com/home/learn/faqs/juulpod-basics>)

Fact: In high doses, nicotine can even be toxic.

Sources:

- Rubinstein M, Delucchi K, Benowitz N, Ramo D. Adolescent exposure to toxic volatile organic chemicals from e-cigarettes. *Pediatrics*. 2018; 141(4):e20173557.
- Olmedo P, Goessler W, Tanda S, et al. Metal concentrations in e-cigarette liquid and aerosol samples: the contribution of metallic coils. *Environmental Health Perspectives* (Online). 2018; 126(2).

Fact: Nicotine will rewire your brain, and make you crave more.

Source: Consequences of Nicotine Exposure during Adolescence for Prefrontal Cortex Neuronal Network Function. *Cold Spring Harbor Perspectives in Medicine*, 2(12), 10.1101/cshperspect.a012120 a012120.

Fact: Nicotine can cause problems like nausea and vomiting.

Source: National Institute for Occupational Safety and Health (NIOSH) Education and Information Division (https://www.cdc.gov/niosh/ershdb/emergencyresponsecard_29750028.html)