Electronic Cigarette use (also known as “vaping”) has become popular. These products have been scientifically proven to be 95% safer than real, combustible cigarettes, pose no second hand dangers, do not contain nor use tobacco, have helped millions of smokers quit smoking, and are not a gateway to the use of tobacco products for youth or adults. While it could be years before data is collected on the long-term benefits of using e-cigarettes versus smoking, what we do already know about vaping may be very surprising...

**MYTH #1**

Modern, properly used e-cigs are 95% safer than cigarettes. Vapor from some of the outdated e-cigs contained only minute amounts of a few bad by-products. These few are also present in combustible tobacco smoke but in far greater quantities along with significant quantities of dozens of other carcinogens and hundreds of other toxins. The latest Temperature Control (TC) technology used in ecigs can reduce if not eliminate those few minute quantities even further. The 2007 FDA “Deeming Regulation” that is now law, protects those older ecigs and will prohibit the newer TC ecigs on 8/8/2018.
**MYTH #2**
E-CIGS ARE NOT EFFECTIVE

Millions of smokers have converted from smoking to vaping (10% of Americans) and the vast majority of current vapers (e-cig users) were previously smokers (94.7%). Vaping does what none of the other Nicotine Reduction Therapies (NRTs) or Smoking Cessation Aids (SCA) do. E-cigs satisfy both the nicotine cravings and inhale/exhale hand to mouth activity. Gums, patches and pills do not. Vaping also allows for the gradual reduction of nicotine as well as nicotine elimination by varying the amount of nicotine in the e-liquid even to zero.

**FACT #2**

**MYTH #3**

The U.S. Food and Drug Administration (FDA) does not function as a testing lab. The FDA writes rules for the U.S. Congress. Congress codifies those rules into law. The FDA “Deeming Regulation” now codified into law, prohibits sale of new advancements in e-cigs after 8 AUG 2016 and may result in a total prohibition after 8 AUG 2018 by deeming ecigs a “Tobacco Product” by “intended use” and includes “components” e.g. coil cartridges, atomizers, batteries and electronic devices. Even e-liquid that contains zero nicotine may be eliminated due to the arduous and expensive regulatory requirements.

**FACT #3**

THE FDA HAS TESTED E-CIGS
MYTH #4
THERE ARE SECOND HAND VAPING DANGERS

Credible independent testing proves there are no second hand vaping dangers. Neither from inhalation nor contact. Exhaled vapor does not leave a film nor cling to hair, clothing, carpet, furniture, glass, plastic nor metal surfaces. There is no long lasting residual smell with vaping like that left from smoking.

FACT #4

FACT #5

MYTH #5
THE LABELS ON E-CIGS ARE ACCURATE

The FDA rules which are now law requires e-cigs and e-liquid bottles to be falsely labelled. The law requires labelling vaping products as “Tobacco Products” even if they do not contain tobacco e.g. components made of electronics, metal and glass. Even those products that do not contain nicotine must by law be labelled as “Tobacco Products” and with warnings that are not applicable.
ECIGS ARE A GATEWAY TO SMOKING FOR MINORS

MYTH #6

Credible, independent studies by the U.S. CDC, Yale University and Action on Smoking and Health (ASH) prove that e-cigarettes are not a gateway to smoking for youth and actually reduce teen smoking. By U.S. Federal law all e-cigarette and e-liquid sales are prohibited to minors.

FACT #6

E-LIQUID DOES NOT HAVE CHILD RESISTANT PACKAGING

MYTH #7


FACT #7
LIST OF SOURCES

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Angel Building, 407 St John Street, London EC1V 4AD
Email: andy.mcewen@ucl.ac.uk

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Testimonial

I do not represent any group, government nor interest of any kind other than my own personal opinion. I do not receive any benefit nor profit, monetary or otherwise, from any company for any reason.

I am a previous smoker and chewer. I am now a vaper a.k.a. e-cigarette user. I am convinced switching to vaping has added years if not decades to my life expectancy.

I do not pretend to be an expert at anything and the following is my opinion. Lies and myths are being expressed in all media venues about e-cigarettes and vaping as being unknown or causing harm. Even our own Local, State and Federal Governments are lying to us. I have done my own investigation on credible crowd source funded independent test data and research reports. I encourage all to perform their own investigation and determine their own opinions. The truth is out there which is why this brochure includes a few of the sources, links and contact information I used for the basis of all my claims. There are hundreds more. And just as many erroneous ones like those found on Wikia. When you dig into the details you find the errors. Science works and science says materials and temperature are the keys. I could not find any testing on 100%VG with no flavoring vaporized using a Temperature Control mod set to ≤360F with a single coil NI200 wire and organic cotton wick – which I believe represents THE lowest risk achievable today. In other words, it’s all good. Even the worst e-cigarette has been proven to be better than the best smoking cigarette.

I chewed and smoked loose leaf, fine cut, plug, cigarettes, roll your own, cigars and pipe on and off for over 30 years. Four years ago I switched to vaping and threw all the tobacco products away. I immediately felt better, could breathe easier, didn’t smell like an ashtray, and could once again taste and smell. Additionally, family members who were extremely sensitive to the clinging smoke smell after I came indoors from smoking outside, now have no issues whatsoever even when I am vaping with them indoors in the same room. There is no clinging smell. There is no residue. There is no film on clothes, carpet, furniture, walls nor any object-surfaces.

There are false seemingly “scientific” studies claiming all kinds of sensationalistic, headline grabbing news aimed at discrediting and destroying the vaping industry. Every single one of these I have read, I have also been able to quickly debunk as false. I have not found a single “report”, “test”, nor “study” that was performed accurately and competently whose result discredit the claim that e-cigarettes are safer than smoking. For example, those reports showing acetaldehyde, acrolein and formaldehyde were done in dry puff or worse wick burning conditions that no vaper can stand the taste of. In other words they were not done with todays properly implemented used and maintained temperature controlled e-cigarettes and were used incorrectly and performed in a manner that no vaper ever does. Even a hammer if used incorrectly can cause harm. Another example are polls done with corrupted baseline questions and lack of comparison to years when e-cigarettes were not available such as those falsely claiming e-cigarettes are a gateway to youth for smoking cigarettes. Written by 350ZMO on 10 Aug 2016.