



MODS

MYTHS & REALITIES

Myth: Mods and other e-cigarettes produce a harmless water vapor.

Reality: E-cigarettes produce an aerosol that has nicotine, harmful chemicals, and toxins known to cause cancer.

These chemicals and toxins include things like Formaldehyde, Lead, and Nickel.^{1,2}

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are NOT approved by the U.S. FDA to help people quit tobacco.³ You may know someone who has stopped using tobacco and switched to an e-cigarette, but switching products isn't quitting tobacco and nicotine.

Myth: E-cigarettes aren't addictive.

Reality: Nicotine is a poison and a highly addictive drug.⁶ Nicotine is one of the main ingredients in e-cigarettes and tobacco products.

Myth: E-cigarettes are safe and don't have any toxins.

Reality: E-cigarettes are NOT a risk-free product. They still deliver nicotine, toxins, and chemicals, many of the same chemicals found in tobacco products.^{4,5} E-cigarettes are not regulated so you never know what you're inhaling.

Myth: E-cigarettes are not tobacco.

Reality: The nicotine in most e-cigarettes comes from the tobacco plant, just like cigarettes. California recognizes all types of e-cigarettes as tobacco products.⁷

Visit kickitca.org for free help quitting vaping.