WHAT IS IN E-CIGARETTE AEROSOL?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:

- **Nicotine**
- **Ultrafine particles**
- **Flavoring such as diacetyl, a chemical linked to a serious lung disease**
- **Volatile organic compounds**
- **Heavy metals such as nickel, tin, and lead**

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?

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**YES**, but that doesn’t mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.