



What is Vaping?

Vaping is the act of inhaling water vapor through a personal vaporizer (MOD) or Electronic Cigarette (e-cig). Vaping utilizes Propylene Glycol (PG) and Vegetable Glycerin (VG) based liquids, mixed with small amounts of nicotine and food-grade flavoring that then gets vaporized in a small battery-powered atomizer, which simulates the experience of smoking. The vapor created is inhaled and exhaled much like cigarette smoke however, vaping eliminates over *4000 chemicals and carcinogens that come from real cigarettes.

Is it Safe?

Although Vaping has not proven to be 100% safe, studies indicate that “Vaping is 95% safer than smoking” (source: www.egigarette-research.com). Obviously the safest solution would be to quit smoking altogether, but in many situations that is not possible, so vaping is encouraged as a safer alternative to traditional smoking.

There are many questions still to be answered about vaping and although we always encourage our users to do their own research, we strive to be a resource of information to our clients as new studies emerge.

Will I Save Money?

Although the actual amount of savings will vary per user, you are sure to see an increase in pocket change when you compare basic numbers:

1 Pack A Day Smoker \$6/day X 365 Days = \$2,190 per year
Equivalent Vaper \$2/day X 365 = \$730 per year

Ask us how you can utilize a program to wean of nicotine altogether to bring your usage down and your savings up!

What are the different Nicotine Levels?

0mg: For non-smokers, who enjoy the act or the flavors
0-3mg: Up to ½ pack a day users (Light Brands)
3 mg: ½ - 1 pack a day users
6 mg: 1-2 pack a day users
12 mg: 2+ pack a day users

*Referenced from <http://www.newhealthadvisor.com/Pros-and-Cons-of-Vaping.html>

Nicotine is proven hazardous and we will not sell any products to anyone under 18 years of age, regardless of nicotine level.