

# Juice Ingredients

## E-LIQUID INGREDIENTS AND INFORMATION

- E-cigs do not contain the 4000+ chemicals found in tobacco smoke
- No smoke also means no second hand smoke
- No large scale clinical tests have been undertaken to date
- Small scale testing conducted in New Zealand concluded that e-cigs are “very safe relative to cigarettes”
- Our PG E-Liquids contain food grade Propylene Glycol, food grade flavoring, pharmaceutical grade nicotine, and water
- Propylene Glycol is used as a base in the E-liquid to produce the visible vapor and act as the delivery agent to carry the flavoring as well as carry the nicotine to the lungs
- Propylene Glycol is used in cosmetics, toiletries, food colorings, cake mixes, salad dressings, soft drinks and more. It’s also used in the smoke/fog machines found in theaters and nightclubs
- Propylene Glycol was determined by the FDA to be “generally recognized as safe”
- Our VG E-Liquids contain food grade Vegetable Glycerin, food grade flavoring, pharmaceutical grade nicotine, and water
- Vegetable Glycerin is used as a base in the E-liquid to produce the visible vapor and act as the delivery agent to carry the flavoring as well as carry the nicotine to the lungs
- Vegetable Glycerin is used in more than 1500 applications, many of them as additives to food and drink
- Nicotine is highly addictive so only consider an e-cig if you already smoke
- Nicotine its self is not a major primary cause of smoking related disease

## PROPYLENE GLYCOL

- Propylene glycol is a Humectant (attracts moisture) which can dry your throat and leave it feeling sore. PG is converted to lactic acid in the body and it’s this that causes the muscle aches that some may experience from time to time
- Most people find that drinking more fluids helps to flush the lactic acid through the body more quickly. The sore throat should disappear on its own within a day or two, although increased fluids can help here too

## SOME VAPORS DO EXPERIENCE AN ALLERGY TO PROPYLENE GLYCOL

- Some people don’t even realize they have an allergy to PG until they use an electronic cigarette with PG-based e liquid for the first time. Allergy symptoms may include night sweats, body rash, diarrhea and a dry, irritated or sore throat.

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**IF YOU SUFFER FROM ANY OF THESE SYMPTOMS, WE RECOMMEND YOU SWITCH TO A VG-BASED E-LIQUID**

## **VEGETABLE GLYCERIN**

- Vegetable Glycerin is one of the most benign organic liquids known to man. It is hypo-allergenic, non-carcinogenic, non teratogenic and non-mutagenic. It is metabolized quite easily by a process called beta-oxidation. This process results in the production of CO<sub>2</sub> and H<sub>2</sub>O and is a quite normal, common, and natural catabolic process
- The most common noted side effect of inhalation of e-liquid containing vegetable glycerin is a dry mouth, sore throat, and increased thirst. These symptoms usually last just a few days to a week as the body gets used to the vegetable glycerin. These symptoms can also be elevated by drinking more water and liquids than usual for the first few weeks of using your e-cigarette

## **PG VS. VG**

- VG tends to produce greater amounts of vapor than PG
- PG is thinner than VG making it the recommended E-Liquid to be used with Tank style E-Cigs
- VG tends to have a reduced throat hit when compared to PG

It is important to note that we at Smokersvapor.com do not market e-cigarettes as a smoking cessation device. E-cigarettes are simply an alternative to traditional tobacco filled cigarettes. If you so choose to give up smoking, please note, there are many side effects of giving up tobacco products. It is very easy for a new user of an e-cigarette to incorrectly attribute side effects to the e-cigarette, when in fact they are likely the result of your body's reaction to giving up tobacco cigarettes. Side effects of giving up tobacco cigarette smoking include: Bad breath, stomach pain, nausea, constipation, increased appetite, skin breakout's, increased coughing, insomnia, depression, irritability, gas, dry throat, nasal drip, dizziness, vertigo.

**MANY OF THESE SIDE EFFECTS OF QUITTING SMOKING MAY BE ALLEVIATED BY USING THE E-CIGARETTE.**

