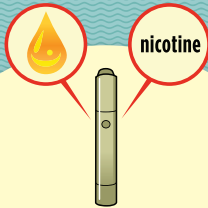


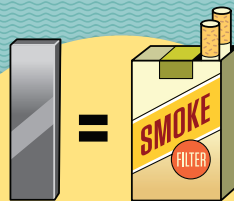
# FACT: VAPING HARMS

## YOUR HEALTH

Five reasons why it's bad for you



Most e-cigarettes contain **nicotine**, the same highly addictive chemical in regular cigarettes.



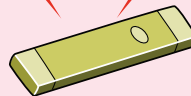
**One Juul pod** has as much nicotine as a **pack of cigarettes**.



Kids who vape are more likely to **start smoking cigarettes**.

flavoring substances

metal particles



Some e-cigarettes contain **chemicals**, such as formaldehyde, that can **cause cancer**.



Teens are at greater risk for addiction to nicotine because their **brains are still developing**.