



**What's in
your vape?**



Nicotine

Highly addictive stimulant which can affect brain development. Illegal vapes can contain up to 3 times legal vapes to make users addicted.



Propylene glycol (PG)

Colourless, nearly odourless, and tasteless thick liquid, usually made from petroleum. Exposure to a lot of it can cause toxicity, depressing your central nervous system.



Vegetable glycerine (VG)

Clear odourless liquid typically made from soybean, coconut or palm oils. May cause headaches, dizziness, nausea, vomiting, diarrhea and excessive thirst in some people.



Flavourings

Many flavouring chemicals, when heated and inhaled, can cause inflammation, cell damage to your lungs and can form harmful compounds. Some are linked to bronchiolitis obliterans (popcorn lung).



Vitamin E acetate

It has been proposed that vaping induced pyrolysis of vitamin E acetate may produce a highly toxic gas called ketene. Inhalation of ketene can cause severe lung damage in low concentrations and death in high concentrations.



Diacetyl

Can cause bronchiolitis obliterans, a serious lung disease also known as "popcorn lung". This condition results in inflammation and scarring of the lungs' small airways, leading to breathing difficulties.



THC / Cannabinoids

Illegal in UK, impairs brain function and performance. Potential for addiction and mental health problems, particularly with long-term or high-potency: use.



Lead – Heavy metal

Serious health risks. Exposure to lead from vaping can lead to developmental issues in children, as well as cardiovascular problems.



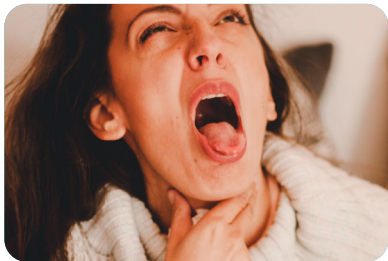
Cadmium - Heavy metal

Can lead to various breathing health issues. Known links to lung cancer, heart and metabolic diseases. Additionally, cadmium can cause gastrointestinal problems and potentially affect the brain and nervous system.



Nickel – Heavy metal

Exposure to nickel can lead to breathing issues and increase the risk of certain cancers.



Industrial solvents

While generally considered safe for consumption, vaping these substances can cause throat and mouth irritation, dry mouth, and coughing and potential carcinogens like formaldehyde and acrolein.



Synthetic cannabinoids (spice)

More harmful and unpredictable than cannabis. Can cause inability to move, dizziness, breathing difficulties, chest pain, palpitations, seizures, anxiety, paranoia, suicidal thoughts, vomiting, diarrhoea, kidney injury.



Carbonyls

Some vapes contain carbonyls, which break down into formaldehyde and acetaldehyde, both of which are known to cause cancer.



Aerosol particles

Tiny particles in the aerosol can be inhaled deep into the lungs, potentially causing lung damage and contributing to conditions like atherosclerosis (plaque buildup in arteries).

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