

Vape Safety

e-Juice

Safety

e-Juices should **kept out of reach of children and animals**. If a child ingests a large amount of juice, call poison control *1(800) 222 1222*. Do not worry about small amounts of juice getting in your mouth during usage, just drinking directly from the bottle. **Pregnant and breastfeeding women should avoid using e-Juices with nicotine**. Make sure you get your juices from a **controlled environment**, using homemade juices prepared in non-sterile environments have the risk of spreading diseases and causing illness.

Nicotine

e-Juice nicotine levels are denoted in terms of mg. Usually in multiples of 3. The lower the number, the less nicotine there is in the juice. **Higher nicotine levels detract from flavor and increase the likelihood of felling ill. Casual vapers should choose a nicotine level between 3 and 6 mg**. Higher levels are useful for helping former smokers ween off their nicotine addiction.

Flavorings

e-Juice flavors come from food safe flavor additives. Each additive brings new chemicals into the mixture and some contain chemicals such as vanillin and benzaldehyde.

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Ohm's Law