

E-Cigarette and Flavored Tobacco Fact Sheet

What is flavored tobacco?

- Tobacco products that contain flavors like vanilla, orange, chocolate chip cookie dough, cherry, and coffee.
- Flavored tobacco products are widely considered to be “starter” products establishing smoking habits that can lead to a lifetime of addiction.
- Examples include hookah, cigars, snus, and e-cigarettes.
- Flavored tobacco products are as addictive and carry the same health risks as regular cigarettes.
- Per the US Food & Drug Administration, the sale of cigarettes containing any characterizing flavors other than menthol is illegal.
- Snus, e-cigarettes, and flavored tobacco products other than cigarettes are NOT covered by the FDA’s Tobacco Control Act.

What are e-cigarettes?

- Electronic cigarettes or “e-cigarettes” are battery-operated devices that have nicotine-filled cartridges.
- The vapor is inhaled as a mist, and contains flavorings and nicotine.
- Companies that make e-cigarettes claim the product is safe. However, the FDA analyzed two e-cigarette products and found nicotine and other toxic substances.
- E-cigarettes are unregulated and are very easy to purchase online, even though one must be 18 or older to buy them.

What is in e-cigarette liquid (e-nicotine liquid)?

- Nicotine
- Propylene glycol (which is toxic when heated)
- Flavored ingredients
- Large amounts of aerosol for tin, silver, iron, nickel, and aluminum

What are the health effects of e-cigarettes?

- Inhaling e-cigarette vapor (secondhand vaping) alters the human lung and allows the breather to exhale smaller particles.
- This is caused by the evaporation of liquid particles in the lung and also in the environment after exhalation.
- Vaping can lead to immediate decrease in lung function.

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