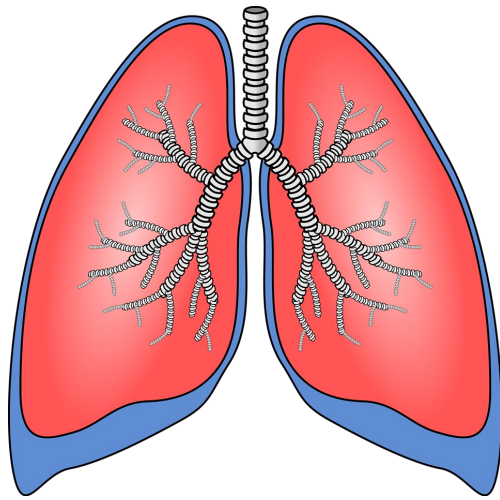


Lungs and bodies need clean air.



Not smoke. Not aerosol.

- **The aerosol from e-cigarettes is produced by heating solvents such as propylene glycol and vegetable glycerin, along with benzoic acid, flavorants and nicotine. In the process, heavy metals can be released from the heating elements. The chemicals in the aerosol can be absorbed deep into the lungs and may cause long-term damage.**
- **Nicotine reduces blood flow and stresses the heart. It alters brain development, is highly addictive and increases risks of anxiety and depression.**
- **Nicotine from any source (whether synthetic or plant-derived), is a harmful chemical that has been used as an insecticide.**
- **Vapers are more likely than others to become cigarette or cigar smokers and then expose themselves to many more harmful chemicals.**

To get help quitting, text “DitchVape” to 88709.

See TheTruth.com, TheRealCost.gov and CommunityConnectionsLC.org/tflc



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