

**Nicotine
constricts
blood vessels**



and
stresses
the heart

See *TheTruth.com*.

Text “DitchVape” to 88709 for help quitting.

**Nicotine is in vapes, cigars, cigarettes, chew, dissolvable pouches,
nicotine toothpicks, etc.
It doesn't matter whether it's tobacco nicotine, non-tobacco nicotine
or synthetic nicotine;
it's still nicotine, a dangerous, addictive chemical.**

See CommunityConnectionsLC.org/tflc. Funded by Nebraska Department of Health & Human Services,
Tobacco Free Nebraska Program, as a result of the Tobacco Master Settlement Agreement.