

## VAEP Key Concepts script 17: Ingredients matter



Have you ever wondered about the difference between vaping and cigarette ingredients? To quote Health Canada: “The ingredients typically found in vaping liquids are also found in the vapour. These include: glycerol, flavours, propylene glycol, [and] nicotine.”(1) Compare that to the over 7000 ingredients always found in cigarette smoke including: carbon monoxide, hydrogen cyanide, hydrocarbons, nitrous oxide, free radicals, radioactive compounds, arsenic, phenols and 69 substances that have been proven to cause cancer.(2)

Even before vaping became regulated in Canada in 2018,(3) the vaping industry maintained its own standards which is pretty easy considering eliquid has only 4 ingredients that are plentiful, inexpensive and aren’t dangerous to work with. So, eliquid manufacturers in countries that don’t have government standards, such as the United States, have facilities that meet workplace standards, use the same 4 ingredients and produce safe, effective products. There are no cheaper or less safe substitutions for the ingredients in eliquid.

The base ingredients in eliquid are propylene glycol and glycerol which are non-toxic and used in thousands of products including food, hospital air sanitizers and fog machines.(4) Nicotine comes in a concentrated liquid and it’s just some simple math to figure out how much to add to make the different strengths of eliquid. The variable comes in the food grade flavours. We breathe in flavours every time we smell food or when we eat because most flavour you “taste” is actually what you smell through your nose.(5) That’s why you lose your sense of taste when you have a cold.

Cigarettes would be a lot harder to make than eliquid because as little as 65% of a cigarette is tobacco and up to 600 chemicals can be added to cigarettes.(6) That means 35% of a cigarette can be something other than tobacco such as burning agents, preservatives and tobacco by-products.

To learn more, visit our nonprofit, Vaping Advocacy and Education Project, better known as VAEP. Go to VAEP.info for vape info. <https://VAEP.info>

\*\*\*\*\*

Kellie Ann is wearing our Sweetheart tee in Heather Purple <https://shop.vaep.info/?product=v-neck-purple-tee>

\*\*\*\*\*

### References

1. Government of Canada. (2018). Vaping.

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

2. American Lung Association. (2023). What's in a cigarette?  
<https://www.lung.org/quit-smoking/smoking-facts/whats-in-a-cigarette>
3. Government of Canada. (2023). Tobacco and Vaping Products Act.  
<https://laws-lois.justice.gc.ca/eng/acts/t-11.5/>
4. National Center for Biotechnology Information. (2023). PubChem Compound Summary for CID 1030, Propylene Glycol.  
<https://pubchem.ncbi.nlm.nih.gov/compound/Propylene-Glycol>.
5. University of Connecticut. (2023). Taste and smell.  
<https://health.uconn.edu/tasteandsmell/facts/#:~:text=The%20perception%20of%20a%20smell,to%20substances%20dissolved%20in%20saliva>.
6. Europa: Public Health. (2010). Tobacco additives.  
[https://ec.europa.eu/health/scientific\\_committees/opinions\\_layman/tobacco/en/l-3/2.htm#0](https://ec.europa.eu/health/scientific_committees/opinions_layman/tobacco/en/l-3/2.htm#0)

Original music provided by WiesingerMusic.com

#VAEPinfo #VAEP #VEAPworld #vaping #vape #vapefam #TalkAboutVaping #DoTheVapeTalk #KeyConcepts  
#HarmReduction