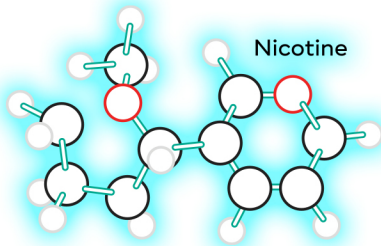
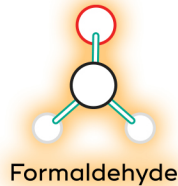
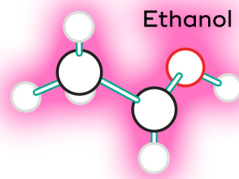


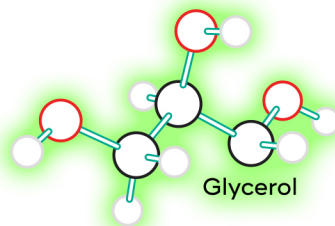
EVERY TIME YOU VAPE, IT **KILLS BRAIN CELLS** AND DOES NASTY STUFF TO YOUR BODY. AND, THE LONGER YOU DO IT THE HARDER IT IS TO CONTAIN THE **CHEMICAL MADNESS.**



YOUNG VAPERS ARE UNIQUELY VULNERABLE TO THE CHEMICAL EFFECTS BECAUSE **THEIR BODIES AND BRAINS** ARE STILL DEVELOPING.



THAT MEANS THINGS CAN GET UGLY. WE'RE TALKING ABOUT **DIARRHEA, BLOATING, VOMITING** AND A **BRAIN THAT JUST CAN'T** DO THE THINGS IT SHOULD.



VAPING GETS UGLY.



YOU MAY THINK VAPING IS SOMETHING HARMLESS THAT YOU AND YOUR FRIENDS CAN DO AND HIDE FROM ADULTS.

BUT YOU CAN'T HIDE FROM THE DAMAGE VAPING CAUSES.

VAPING CAN CHANGE YOUR BEHAVIOR, DISRUPT YOUR REGULAR LIFE AND LIMIT YOUR POTENTIAL.

ANXIETY DISORDERS

Developing adolescent brains are already more vulnerable to anxiety and mood issues.

Nicotine, found in more than 98% of vape juices, makes young people more anxious now, keeps them anxious for longer, and makes dealing with anxiety disorders more difficult.

Nicotine is so bad for us that it starts to damage young brains after just one hit.



nausea & vomiting

The chemicals used to add flavor to vape juices often make people feel sick and even throw up. Even if you avoid the more than 7,000 flavored vape juices out there, you're not safe. **The glycerol/glycerin that can make up 50% of that liquid causes nausea and vomiting**, while nicotine is known to make people "nic sick."

These chemicals damage your body, and that damage can linger long after you stop feeling sick.



MEMORY LOSS & ATTENTION DEFICIT

Your brain continues developing until you are about 25 years old. Thanks to the nicotine, formaldehyde, lead, and other chemicals commonly found in vape mist, **vaping changes brain cell activity in the parts of your brain responsible for memory, attention and learning.**

Literally, the more you vape the less y our brain can cope with life, and the less it can accomplish in the future.



BLOATING

We know not all vape juice ingredients are safe and that many cause real harm. What you may not know is that vaping involves boiling and **inhaling ingredients like glycerol, which leads to bloating, cramps, indigestion, and worse.** The same goes for many of the vape flavorings.

The more hits, the worse the bloat. Basically, your body is telling you that these chemicals are not your friend.



ORGAN DAMAGE

It's not a mystery or a secret: vaping is an unhealthy cocktail of unfriendly chemicals by any standard. Users suck in clouds of **nicotine, formaldehyde, heavy metal particles, diacetyl, glycerol, ethanol, volatile organic compounds, acrolein** and more.

If you vape, you're damaging your gums, your lungs, your blood vessels, your brain, and your heart.



ADDICTION

It takes less than 10 seconds for nicotine to reach your brain with that "nic hit." But after just a few vapes that some nicotine actually lowers your ability to feel pleasure, so you need more to get the same effect. **This is how addiction works: your brain is re-wired to demand that hit, pushing you to vape more frequently.**

More than 98% of vape juices contain nicotine – and the nicotine amounts in those juices have more than doubled in the last five years. Vaping is not about fun flavors, it's about using a drug that immediately harms bodies and brains.

