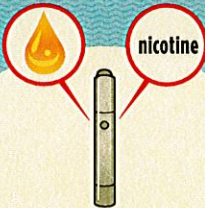


# FACT: VAPING HARMS

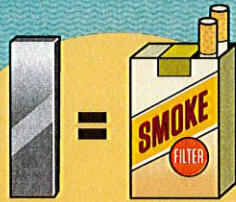


# YOUR HEALTH

Five reasons why it's bad for you



Most e-cigarettes contain **nicotine**, the same highly addictive chemical in regular cigarettes.



One Juul pod has as much nicotine as a **pack of cigarettes**.



Teens are at greater risk for addiction to nicotine because their **brains are still developing**.



Kids who vape are more likely to **start smoking cigarettes**.



Some e-cigarettes contain **chemicals**, such as formaldehyde, that can **cause cancer**.

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