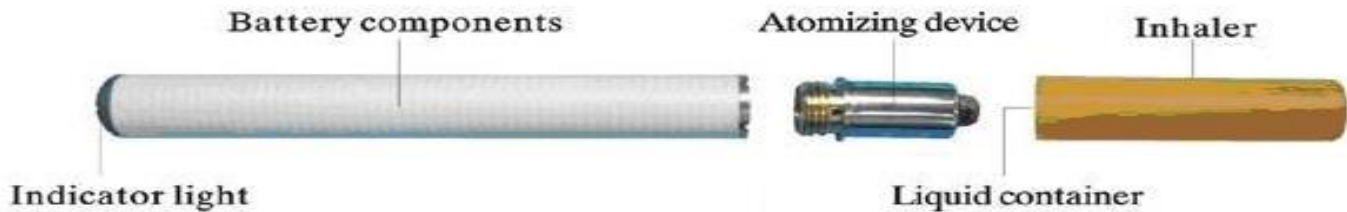


Electronic Cigarette (E-Cigarette) Fact Sheet

- E-Cigarettes are devices, about the size of a regular cigarette.
- They operate by electronically vaporizing a solution that often contains nicotine, creating a mist which is then inhaled. E-Cigarettes are currently available in various flavors and claimed “strength” of nicotine cartridges.



Electronic cigarette	Comparison	Regular cigarette
One e-cigarette	Equivalent	6-7 cigarettes
100	Puffs per cigarette	15
6-24 mg.	Nicotine level	0.6-2.4 mg.
E-cigarette with 24 mg of nicotine: 0.16 mg/puff	Nicotine per puff	Cigarette with 1.8 mg of nicotine: 0.16 mg/puff

Source: E-Cig Graphic: Eeli Polli, Elsebeth Nielsen

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- Cartridges generally contain nicotine, flavoring, and other chemicals but there is no agency officially monitoring the exact chemicals or amount of nicotine.
- The only e-cigarette centered research on these devices was conducted by the FDA. They found detectable levels of cancer causing chemicals. Di-ethylene glycol, a chemical in anti-freeze that is toxic to humans was also found.
- Some cartridges labeled “No Nicotine” contained low levels of nicotine.
- Cartridges are refilled with a liquid form of nicotine called “e-juice” or “smoke-juice”. These can be very dangerous. Some refills contain 1,000mg of nicotine. The fatal dose for children is 10mg, and for adults it’s 30-60mg.