



Tobacco cigarettes contain around 7000 different chemicals. Of these, at least 250 are known to be harmful to health. Although vape packets may only list a handful of ingredients on the labels, they actually contain many hundreds of chemicals. Of these at least 200 have been identified so far. Here are just a few:

Found in vape aerosol as well as in tobacco smoke

Nicotine:

- Highly addictive
- Found in most vapes even those labelled “nicotine free”
- Increases heart rate and blood pressure
- Affects learning and attention
- May cause or worsen depression and anxiety
- Toxic in high doses: nausea, vomiting, seizures
- One disposable vape pod can contain as much nicotine as 30 packets of cigarettes

Formaldehyde:

- Formed when vape liquid is heated
- Used to preserve dead things
- Can cause cancer

Acrolein: (found in some weed killers)

- Formed when vape liquid is heated
- Can cause cancer
- Thought to be a major cause of lung cancer and emphysema in smokers

Fun fact: Acrolein was used as a chemical weapon in World War 1.

Chemicals in cigarettes and e-cigarettes (vapes)

THE FACTS!

Arsenic:

- Has been used in pesticides and weed killers
- Can cause a number of types of cancer
- Long term exposure can cause brain damage
- Can also cause diabetes, heart disease and digestive problems

Fun facts:

- Pharlap almost certainly died of arsenic poisoning as it used to be used as a tonic for race horses
- Women used to eat arsenic wafers as a beauty treatment as it made their skin go white
- Arsenic was a popular poison from Roman times through the middle ages Arsenic: A Murderous History | Dartmouth Toxic Metals

Lead:

- Can cause cancer
- Causes brain damage including learning difficulties

Fun facts:

- The Romans built their water pipes from lead. While it probably did not cause the fall of the empire, there is evidence that chronic lead poisoning was an issue in Roman society.
- We banned lead in petrol in 1986. Here and around the world, removal of lead from petrol, paint etc probably accounts for at least some of the drop in violent crime rates from about 20 years later (when a new generation of kids grew up not breathing lead fumes).



Talk to your GP or Pharmacist for further advice or call Quitline on the number above.



Found in vape aerosol as well as in tobacco smoke

Mercury:

- Damages brain and nervous system
- Damages other organs including lungs, kidneys and digestive system

Fun facts:

- Mercury used to be used to make felt. Hat makers used felt to make their hats and over time, many developed neurological problems affecting speech, movement and thinking. Many appeared drunk Hence the expression "mad as a hatter".
- Seafood contains some mercury. Sharks, being at the top of the food chain, tend to accumulate more mercury over time. Australian and NZ Food Standards recommends no more than 1 serve of flake per week.

2-chlorophenol: (found in insect spray and some cleaning products)

- Damages the nervous system

Nail polish remover:

- Can irritate the nose, throat, lungs and eyes

Benzene: (found in car exhaust)

- Causes cancer
- Damages bone marrow, leading to anaemia

Flavours:

Mostly artificial, made of a mix of chemicals

Might be ok to eat, but if breathed in:

- May irritate lungs
- Some can make nicotine even more addictive, including menthol and apple
- Some chemicals used to flavour the majority of vapes can cause cancer

Found in tobacco but not in vapes

Tar:

- A brown, sticky substance that is formed when tobacco is burned
- A mixture of many toxic chemicals which can harm health
- Stains fingers and teeth

Carbon monoxide:

- An invisible gas formed and inhaled when tobacco is burned
 - Reduces the amount of oxygen in your blood
- Although vapes do not produce tar or carbon monoxide, there are enough other toxic substances to cause significant harm to health. There is no evidence that vaping is safer than smoking tobacco.



Talk to your GP or Pharmacist for further advice or call Quitline on the number above.