



# WHAT'S IN YOUR VAPE?

HEAVY METALS IN VAPES INCLUDE:

NICKEL: BATTERY, MAGNETS

PHENOL: HERBICIDES, DISINFECTANTS

BENZENE: GASOLINE, EXPLOSIVES

FORMALDEHYDE: NAIL POLISH, EMBALMING FLUID

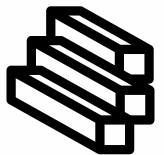
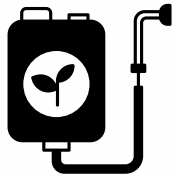
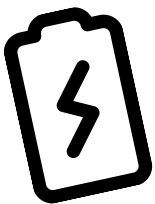
TOLUENE: PAINT THINNER, GLUE, STAIN REMOVERS

ISOPRENE: RUBBER PROPYLENE

GLYCOL : ANTIFREEZE

ACETONE: NAIL POLISH REMOVER, DEGREASER

CADMIUM: OIL PAINTS, METAL PLATING, CAR BATTERY



**READY TO QUIT VAPING? Check out these resources below:**

Text "Start My Quit" to 36072 or visit [mi.mylifemyquit.org](http://mi.mylifemyquit.org)

Enroll in "This is Quitting" (Truth Initiative), by texting DITCHVAPE to 88709  
[truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)

Sign-up for SmokeTreeTXT at [teen.smokefree.gov](http://teen.smokefree.gov) or text QUIT to 47848 (iQUIT)