

# Nicotine By Any Other Name...

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Whatever the flavor - cherry, mango, or mint - vaping (or Juuling) is BAD news!

One Juul pod contains **as much nicotine as an entire pack of cigarettes**. This makes them extremely addictive. Nicotine is a powerful drug and affects heart rate, breathing and other body functions.

Vaping products are not regulated and produce dangerous chemicals when used. The fluid used in vaping devices also contains potentially toxic chemicals.

Despite these scary facts, many young people are choosing to vape because they believe the practice to be safe. Parents - please let your children know about the risks of tobacco use of ANY kind.

Source

<https://news.psu.edu/story/527326/2018/07/03/impact/medical-minute-hazards-juul...>

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