



## Vapor Products Will Lead to Harm Reduction for Adult Smokers

### **Background Information on Vapor Products:**

- Everyday millions of people are using e-cigarettes to reduce cigarette smoking and quit altogether. Anything that discourages them from quitting is terrible public policy.
- The main ingredients in e-liquid solution by volume are propylene glycol, and/or vegetable glycerin, flavoring agents, and nicotine when present. Propylene glycol and vegetable glycerin are approved by the FDA for human consumption and are used in several consumer products including foods, cosmetics, and pharmaceutical products.
- The National Academies of Sciences recently found that there is conclusive evidence that completely substituting e-cigarettes for conventional cigarettes reduces users' exposure to many toxicants and carcinogens present in conventional cigarettes.
- The fundamental difference between vapor products and combustible cigarettes is that there are over 4,000 identified chemicals and carcinogens in tobacco smoke. Simply put, vapor products like e-cigarettes do not contain carbon monoxide or tar.

### **FDA Regulation:**

- In August 2016, the FDA by rule extended its jurisdiction over a number of products including vapor products, cigars, and pipe tobacco.
- In July 2017, FDA Commissioner Scott Gottlieb announced a new comprehensive approach to the regulation of nicotine. The FDA acknowledged it is the chemicals in cigarettes and not the nicotine that is directly responsible for the cancer, lung disease, and heart disease that kills hundreds of thousands of Americans each year.
- "If a current smoker, otherwise unable or unwilling to quit, completely substituted all of the combusting cigarettes that they smoked with an electronic cigarette at the individual level, that person would probably be significantly reducing their risk." *Mitch Zeller, Director, Center for Tobacco Products, FDA*

**Science Demonstrates that Vapor Products Are At Least 95% Less Harmful than Combustible Cigarettes**

**E-CIGARETTES: AN EVIDENCE UPDATE:**

*A Report Commissioned by Public Health England, May 2016*

The United Kingdom's Department of Health (Public Health England) recently re-affirmed its 2014 conclusion that "most of the chemicals causing smoking-related disease are absent and the chemicals present pose limited danger." After another independent exhaustive review of all existing scientific literature, Public Health England concludes that "the current best estimate is that e-cigarette use is around 95% less harmful than smoking" tobacco.

Read the full report: <https://www.gov.uk/government/publications/e-cigarettes-an-evidence-update>

**NICOTINE WITHOUT SMOKE: TOBACCO HARM REDUCTION:**

*Royal College of Physicians, April 2016*

This 200-page report provides an update on the science of tobacco harm reduction, in relation to all non-tobacco nicotine products but particularly vapor products. The Royal College of Physicians concluded that e-cigarettes, at most, have only 5% of the risk profile of combustible cigarettes.

Read the report here: <https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction-0>

**NICOTINE, CARCINOGEN, AND TOXIN EXPOSURE IN LONG-TERM E-CIGARETTE AND NICOTINE REPLACEMENT THERAPY USERS: A CROSS-SECTIONAL STUDY**

*Annals of Internal Medicine, February 2017*

In February 2017, researchers from the US Centers for Disease Control and Prevention, the Roswell Park Cancer Institute in New York, and the University College London concluded yet another study finding that using e-cigarettes is far safer and less toxic than smoking conventional tobacco cigarettes. **The study concluded that long-term NRT-only and e-cigarette-only use is associated with substantially reduced levels of measured carcinogens and toxins relative to smoking only combustible cigarettes.**

Read the study here: [https://www.eurekalert.org/pub\\_releases/2017-02/cru-est020317.php](https://www.eurekalert.org/pub_releases/2017-02/cru-est020317.php).