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**CEREAL BOX VAPOR**

Sort by: Featured Items ▾



Cereal Box Vapor - Capn Berries Eliquid  
\$12.00

**CHOOSE OPTIONS**



Cereal Box Vapor - Fruit Pebbles Eliquid  
\$12.00

**CHOOSE OPTIONS**

**REWARDS**



Unicorn Bottle  
\$1.50

**CHOOSE OPTIONS**



**NEWSLETTER SIGNUP**

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**GENERAL INFO**

- Blog
- Wholesale
- How it Works
- About Us
- Warranty
- Shipping Policy
- FAQ
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**BUY WITH CONFIDENCE**




**PAYMENT METHODS**






**SHIPPING METHODS**




**CONNECT WITH US**






**WARNING**

This product contains nicotine which is a highly addictive substance. It is intended for use by existing smokers above legal age only. Do not use this product to treat any medical condition or habit. Do not use if pregnant, breast-feeding or suffering from any medical condition. Stop use if you show any sensitivity to this product. This product contains nicotine, a chemical known to the State of California to cause birth defects or other reproductive harm.

\*Must be 19 years or older to purchase in the following states: UT, AL, AK, NJ.

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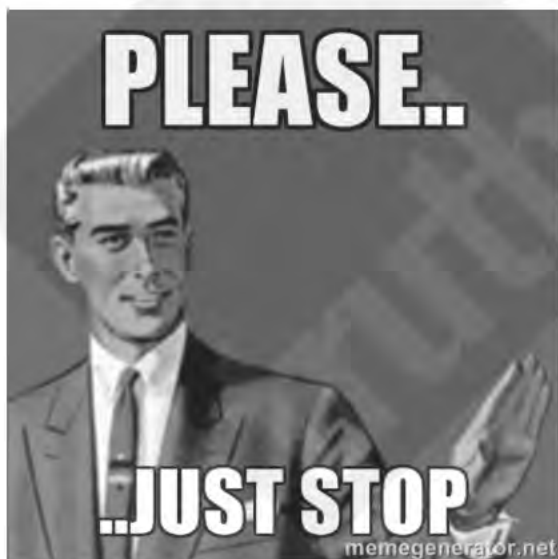
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VAPINGLY RELEVANT

# STOP CONFUSING VAPING WITH SMOKING!

JULY 22, 2015    PREMECIGADMIN    LEAVE A COMMENT



Far too many people are being misinformed about [electronic cigarettes](#) and [vaping](#) in general. Many are still under the impression that vaping is the exact same thing is smoking. The one and only similarity that they have in common is a person inhales and exhales something, but the similarities stop there.

In order to debunk the gross misconceptions that people have about vaping, it's important to understand the vast differences between vaping and traditional cigarette smoking.

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-  Lady Vape: Keeping It Classy
-  How to Grip an E-Cig Like a Boss
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-  The Ultimate Guide to Buying Vapes Online
-  The Impact of Vaping on the U.S. Economy

### STAFF PICKS





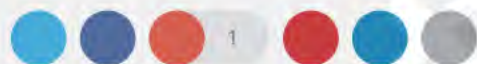
An electronic cigarette goes by a few different names such as e-cig or vaporizer. While the devices may vary in style, none of them require a flame and therefore no smoke exhaled. The most important difference between vaping and smoking is what they contain. A smoker is inhaling tobacco as well as over 4,000 chemicals that are extremely toxic. These toxins are harmful to both the smoker and those who are inhaling second-hand smoke. Upon exhalation, a smoker also exhales a significant amount of carbon monoxide (CO).

On the other hand, the liquid that is used for vaping, often known as e-juice or e-liquid, contains roughly four chemicals: propylene glycol (PG), nicotine, flavoring, and water. Propylene glycol (PG) is usually the base ingredient for most e-cig juices and is recognized by the FDA and EPA as GRAS (generally recognized as safe) PG is a fairly common ingredient in a variety of foods, cosmetic products and used in the pharmaceutical industry.

Vaping liquids is water soluble and are used in order to deliver nicotine and flavor. Unlike traditional smoking, those who are vaping upon exhalation, only release minimal trace amounts of nicotine into the air and are none toxic to others, unlike second-hand smoke. Also, upon exhalation, another big difference between vaping and smoking is that vaping does not contain carbon monoxide whereas traditional smoking does.

Overall, smoking cigarettes will negatively impact health and increase the risk of developing certain cancers as well as increase the risk of heart disease and respiratory issues. In addition to the risks it poses to the smoker, second-hand smoke has proven just as dangerous. While vaping on the other hand poses significantly fewer health risks and no threat to those that come in contact with the vapor being exhaled.

It is extremely important to become educated about the differences between smoking and vaping instead of placing them into one, over generalized category.



- CONFUSION
- E-LIQUID
- ELECTRONIC CIGARETTES
- RISKS
- SMOKING
- VAPING

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VAPINGLY RELEVANT

## TOP ECIG MYTHS

APRIL 17, 2015    PREMECIGADMIN    LEAVE A COMMENT

Electronic cigarettes are a hot debate. Most of the information you read throw citations and studies at you. Although some of my information is cited at the end of the post, most of my information will come from my friend Logic. We have set out to debunk some of these myths with the mere source of brain power. Citation provided below: Koontz, Paige. My Brain. 2014 ed. Virginia Beach: Premium Ecigarette, 2014.

**Myth: Nicotine causes cancer.**



If nicotine caused cancer, why would the FDA approve nicotine gum, patches and lozenges? The fact is, nicotine does not cause cancer. Very similar to caffeine, nicotine affects the nervous system, is a stimulant, and is habit forming.

**Myth: Electronic cigarettes may be worse for you than tobacco products.**

### POPULAR POSTS



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[How to Grip an E-Cig Like a Boss](#)



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[The Impact of Vaping on the U.S. Economy](#)

### STAFF PICKS



**LOGIC**

Are you smoking when the temperature outside is cold and the air you exhale is white and cloudy? No. Your breath contains moisture. When that moisture is warmer than the outside air, it creates white clouds. When e-liquid (moisture) is heated with the electronic cigarette's atomizer, it makes it slightly warmer than air. When the moisture from your e-liquid collides with air, it creates water vapor, not smoke.

**Myth: Electronic cigarettes could cause non-smokers to start smoking cigarettes.**

**LOGIC**

Electronic cigarettes typically have high start up costs that most people aren't willing to invest unless they are struggling with the rising prices of cigarettes. Even if non-smokers try electronic cigarettes, the flavors provided are much tastier and don't produce a foul odor like traditional cigarettes, ultimately deferring non-smokers from trying traditional cigarettes.

**Myth: Electronic cigarettes produce secondhand smoke.**

**LOGIC**

Where there's smoke, there's fire and electronic cigarettes have neither. Electronic cigarettes do not produce smoke, they produce vapor. Refer to Logic section above about smoking.

All the information provided can be found on the FDA and American Lung and Cancer Association's websites. As always, I encourage everyone to do research for themselves, but remember to invite Logic. Things could get a little skewed if you don't bring along your friend.



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