



MY FREEDOM SMOKE

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PRODUCTS | ABOUT US | TIPS & INFO | CUSTOMER SERVICE | WARRANTY & RETURNS | FAQs | CONTACT US | BLOG | WHOLESALE

- SHOP BY BRAND
- NEW PRODUCTS
- STARTER KITS & BUNDLES
- TANKS & RBAS
- BATTERIES & MODS
- REPLACEMENT COILS & HEADS
- E-LIQUIDS
- NICOTINE & MIXING SUPPLIES
- HOT DEALS & COUPON CODES

Home About E-Cigs, Electronic Cigarette Information

ABOUT E-CIGS

What are electronic cigarettes?

Electronic cigarettes (also known as e-cigarettes or personal vaporizers) are an alternative to tobacco cigarettes. They are battery-operated devices that create an inhalable mist (vapor) instead of smoke. The rechargeable battery powers a heating element called an "atomizer" or "coil." The element uses low heat to turn liquid in the cartridge, which contains propylene glycol, glycerin, food flavoring and nicotine, into a fog-like mist.

There are many models of e-cigarettes available. Some look like traditional cigarettes, others look similar to a pen and some even look like small flashlights. Some have LED lights, some have built-in liquid reservoirs, others have combined atomizer cartridges. They come in all shapes and sizes and have different features for former smokers who wish to distance themselves from anything resembling a traditional cigarette or want a longer battery life and/or better performance.

Are e-cigarettes safe?

While anything containing nicotine cannot be called 100% safe, evidence from numerous studies strongly suggests that they are magnitudes safer than tobacco cigarettes. Harm reduction experts can point to research supporting that switching from cigarettes to a smokefree product will reduce health risks to less than 1% of smoking traditional cigarettes - nearly the same as non-smokers. For tobacco harm reduction health professionals, it is misleading and irresponsible for public health officials to tell smokers that smokeless products, such as e-cigarettes, are "not a safe alternative to smoking" simply because they are "only" 99% safer and not 100% safe.

Read more: [CASAA Opinion: Are Electronic Cigarettes Safe?](#)

Do e-cigarettes contain anti-freeze?

No. This myth was created by a 2009 FDA press statement regarding electronic cigarettes. The FDA tested 18 cartridges from 2 companies. Of those 18 cartridges, 1 tested positive for a non-toxic amount of diethylene glycol (approximately 1%). While diethylene glycol is occasionally used in anti-freeze, the chemical is not a standard ingredient in e-cigarette liquid and it has not been found in any other samples

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ABOUT E-CIGS

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ABOUT NICOTINE

ATOMIZER TIPS AND MAINTENANCE

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tested to date.

The base liquid for e-cigarette liquid is usually propylene glycol. Propylene glycol is considered GRAS (Generally Recognized As Safe) by the FDA and EPA. While it is also sometimes found in anti-freeze, it is actually added to make the anti-freeze less toxic and safer for small children and pets. Propylene glycol is a common ingredient found in many of the foods we eat, cosmetics we use and medications we take. It is also used in the fog machines used in theaters and night clubs.

Do e-cigarettes cause cancer just like tobacco cigarettes?

Though testing by the FDA and other labs have discovered trace amounts of tobacco-specific nitrosamines, which are known to cause cancer with high exposure, **the amounts found were extremely low and unlikely to cause cancer.** To put it in perspective, an e-cigarette contains nearly the exact same trace levels of nitrosamines as the FDA-approved nicotine patch and about 1,300 times less nitrosamines than a Marlboro cigarette.

Are e-cigarettes approved or regulated by the FDA?

The FDA currently considers e-cigarettes to be tobacco products. Originally, it claimed that e-cigarettes are being used as smoking cessation devices and therefore they needed to be regulated the same as pharmaceutical nicotine replacement therapy drugs (NRTs). In 2009, the FDA ordered customs officials to start seizing e-cigarette shipments coming into the country.

On April 25, 2011, FDA announced in a letter to stakeholders that it would not appeal the decision by the U.S. Court of Appeals for the D.C. Circuit in *Sottera, Inc. v. Food & Drug Administration*, stating that e-cigarettes and other products are not drugs/devices unless they are marketed for therapeutic purposes, but that products "made or derived from tobacco" can be regulated as "tobacco products" under the FD&C Act. The FDA stated that it is aware that certain products made or derived from tobacco, such as electronic cigarettes, are not currently subject to pre-market review requirements of the Family Smoking Prevention and Tobacco Control Act. It is developing a strategy to regulate this "emerging class of products" as tobacco products under the Family Smoking Prevention and Tobacco Control Act. Products that are marketed for therapeutic purposes will continue to be regulated as drugs and/or devices.

Contrary to some media reports and comments by legislators, regulation as a "tobacco product" under FSPTCA does not mean that e-cigarettes are automatically regulated in the exact same manner as tobacco cigarettes, i.e., subject to PACT, flavoring prohibitions and indoor use bans nor subject to the same tax rates. However, it does mean sales of these products to minors are finally prohibited by law.

Read more: http://www.casaa.org/Electronic_Cigarettes.html

What e-cigarette brand most looks and tastes like a real cigarette?

This is probably the most common question we receive. The best answer to that question is "none" and "it doesn't matter."

Since those considering e-cigarettes are usually seeking to replace tobacco cigarettes, they are under the assumption that having the most realistic, tobacco-flavored e-cigarette will bring the most satisfaction. The truth of it is that after switching to e-cigarettes for a few weeks, the vast majority of users discover that looks ultimately don't matter - performance does. And the best performing e-cigarettes don't necessarily look anything like traditional cigarettes because they require larger batteries. And the most popular flavors with experienced users are often as far from tobacco-tasting as one can get.

One problem is that none of the tobacco flavors really taste like burning tobacco - they taste more like fresh tobacco smells and slightly sweet. So, experienced e-cigarette users will tell you that nothing tastes exactly like a burning tobacco cigarette. But, we know you won't believe us and insist on buying something that looks and tastes like a tobacco cigarette. That's ok - we've all been there!

Can e-cigarettes help me quit smoking?

anyone looking to give these devices a try.

If you would like to learn more about recent studies regarding electronic cigarette health effects, please check out the links below:

- [New Study finds no health concerns in e-cig vapor - Aug 2013](#)
- [20 Rebuttals to win and e-cigarette debate - Sep 2013](#)
- [Latest Studies Confirm E-Cigarette Vapor Safety - Aug 2012](#)
- [ClearStream - AIR \(full scientific report from above article\) - Sept 2012](#)
- [CASAA Collection of Research, Lab Reports, Surveys, etc. - constantly updated](#)

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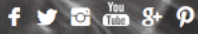


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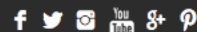
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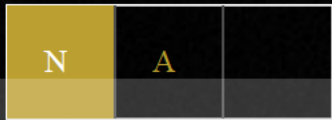
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WHAT DOES "MAH" MEAN?

WHICH BATTERY IS THE RIGHT ONE FOR ME?

WHAT IS EGO THREADING?

WHAT IS 510 THREADING?

PUBLIC USAGE

CAN I REALLY SMOKE THIS DEVICE ANYWHERE?

MyFreedomSmokes.com provides the stimulating pleasure of smoking without the burning of tobacco. When tobacco is burned, thousands of toxic chemicals and carcinogenic substances can pose a serious threat to you and your loved ones. Because of these health concerns and the risk of second-hand smoke associated with cigarette smoking have lead to new laws regulating when and where you are able to smoke.

With an electronic cigarette from MyFreedomSmokes.com you can smoke whenever and wherever you want; even in places where you are prohibited to smoke analog cigarettes such as in the workplace or at your favorite night club or restaurant. Since it does not burn like cigarettes, it does not release dense clouds of pollutants, chemicals, or other toxins associated with second-hand smoke. An e-cig also won't cause a fire hazard like cigarettes because it does not require lighting. And because there is no second-hand smoke, your supervisor at work, your waiter at a restaurant, or club owner will most likely allow you to smoke this device on their premises.

CAN I GET IN TROUBLE FOR VIOLATING A "NO SMOKING" BAN?

WHAT IF SOMEONE CONFRONTS ME?

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