

September 19th, 2023

The FDA regulates the manufacture, distribution, and marketing of tobacco products, such as cigarettes, cigars, and e-cigarettes (sometimes called “vapes”). The FDA has the legal authority to regulate tobacco products containing nicotine from any source, including synthetic nicotine.

Here are some facts to help dispel [common myths](#) about e-cigarette use, which is commonly referred to as “vaping.”

Fact: In general, different types of tobacco products pose

different levels of risk to people's health.

More Information: Tobacco products that are smoked – such as cigarettes – generally pose the greatest risk to your health. Cigarette smoke contains more than [7,000 chemicals](#), about 70 of which are linked to cancer. Tobacco products that are not smoked generally contain lower levels of harmful chemicals linked to cancer.

Bottom Line: While e-cigarette aerosol generally contains lower levels of harmful chemicals than cigarette smoke, no tobacco products are safe.

Fact: E-cigarettes contain nicotine, which is [highly addictive](#) and can disrupt adolescent brain development.

More Information: The younger a person is when they start using tobacco products, the more likely they are to become addicted. Because their brains are still [developing](#), young people have a higher risk of becoming addicted to the nicotine in tobacco products than adults.

Bottom Line: Youth should not use any tobacco product, including e-cigarettes.

Fact: The FDA [does not “approve”](#) tobacco products for sale in the U.S.

More Information: To legally sell or distribute a new tobacco product in the U.S., manufacturers must receive authorization from the FDA. A marketing authorization does not indicate that the tobacco product is either safe or “approved.” It means that the manufacturer has complied

with the requirements under the law to bring its product to market.

Bottom Line: There is [no such thing](#) as a safe tobacco product, so the FDA's safe and effective standard for evaluating medical products does not apply to tobacco products.

Fact: In general, transitioning completely from using cigarettes to an e-cigarette would [reduce the risk](#) of exposure to harmful chemicals.

More Information: Switching completely to e-cigarettes can reduce [health risks](#) among adults who smoke. But continued use of both products ("dual use") does not meaningfully reduce one's risk.

Bottom Line: For an adult who smokes to benefit from e-cigarette use, they have to transition completely from cigarettes to e-cigarettes.

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