

Top reasons to avoid e-cigarettes:

1. Nicotine is an extremely addictive chemical.
2. Levels of nicotine used in e-cigarettes is unknown.
3. High levels of nicotine in e-cigarettes have resulted in nicotine toxicity.
4. Usage could lead to using other cancer-causing tobacco products.
5. Not studied or regulated by the Food and Drug Administration (FDA).
6. The World Health Organization (WHO) recently came out against the use of e-cigarettes.

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