# JUUL is not CUUL

By: Izzy Cozier, Kiki brabo, Gigi Zarrehparvar

# Electronic Cigarettes VS Tobacco Cigarettes

E-Cigs and Tobacco Cigs include nicotine

One JUUL pod is equivalent to a pack of cigarettes

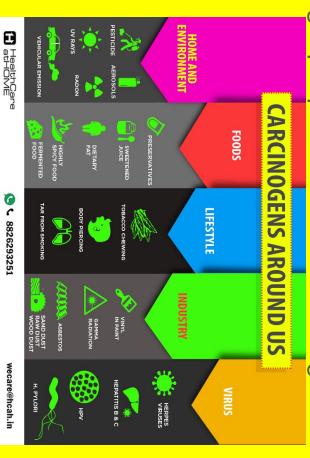
Electronic Cigarettes are a new product on the market with less information

on their harms



### Addiction

- Although JUULs are meant to be used as a smoking alternative, many adults and teens abuse JUULs
- JUULs have less carcinogens than cigarettes
- Just one pod can get people addicted to JUULing



# Effects of juuling-addiction

- One puff disrupts normal brain activity, causing chemical changes in the
- Leading to addiction
- People are attracted to light headed feeling (headrush)

## The Cycle of Nicotine Addiction

- Nicotine binding causes an increase in release of Dopamine<sup>1,2</sup>
   Dopamine gives feelings of pleasure
- and calmness¹

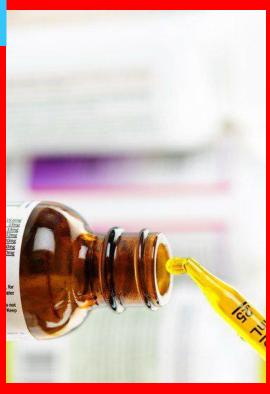
  The Dopamine decrease between cigarettes leads to withdrawal symptoms of irritability and stress¹
- cigarettes leads to withdrawal symptoms of irritability and stress¹. The smoker craves Nicotine to release more Dopamine to restore pleasure and calmness¹. Competitive binding of Nicotine to
- nicotinic acetylcholinergic receptors causes prolonged activation, desensitization, and upregulation<sup>2</sup>
  As Nicotine levels decrease, receptors revert to an open state causing hyperexcitability leading to cravings<sup>1,2</sup>
- Jarvis MJ. BMJ. 2004; 328:277-279.
   Picciotto MR, et al. Nicotine and Tob Res. 1999; Suppl 2:S121-S125.

## Ingredients in Vape Juice

#### Diacetyl

- Liquid with intense buttery flavor
- By product of fermentation
- Not in juul pods





## Propylene Glycol

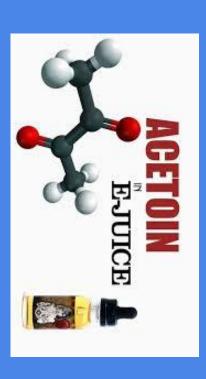
- Colorless





#### Acetoin

- Colorless or light yellow liquid
- Pleasant buttery odor





## Juul Pod Ingredients

#### Glycerol

- Sweet tasting non-toxic liquic
- Used in food as a sweetener



### Benzoic Acid

- Non-toxic liquid found in plants
- Also found in horse and urine





# Acetylpropionyl (2,3-pentanedione)

- A solvent for paints, inks, and lacquers.
- Starting material for dyes, pesticides and drugs.
- Not in juul pods
- Flavors:
- Buttery
- Cheesy
- Sweet
- Nutty
- Fruity
- Creamy
- Caramel







### Survey Data

- 74% said they knew someone who owns
- 91% said that they don't own
- 91% said they use regularly

## Effects of juuling-physical

- Dry mouth
- Dizziness
- Cough
- Dry skin

- Itchiness
- Dry eye

Lung disease/cancer

Highly addictive



## Effects of juuling-physical

- Cardiovascular stimulant
- Worsen heart disease
- Very unhealthy for undeveloped brain
- Releases toxic particles into the lungs

## Effects of juuling-mental

- Can change emotional state
- Addictive
- Changes brain (especially in undeveloped brain)
- Can make one irritable
- Deemed "cool" trend



### Our solution

We found that the addictive element of juuls and e-cigs is nicotine.

smoke provided We realized that the "cool" factor found in these products was often the exhale of

We counteracted this by creating a nicotine free pod.

Non-addictive

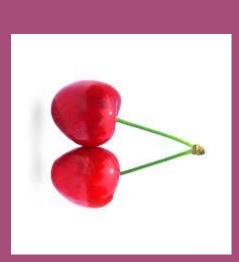
## Our solution-ingredients

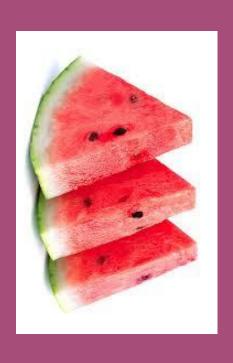
Pure glycerin

**Empty pod** 

Any flavor if desired (extract)







#### cost

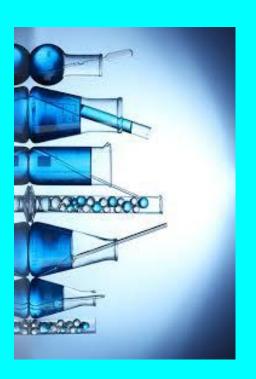
Glycerin - \$7.29/bottle = 177mL

Glycerin - \$0.04/pod = 0.7mL

Total - \$0.04 - \$5.04

### **Next Steps**

Conducting a Scientific study to find out the effects of inhalation of glycerin.





# Effects of glycerol use

Dry mouth Lung irritation