E-Liquid, also known as e-juice, is the liquid that produces the vapor in electronic cigarettes. E-Liquid has four main ingredients: propylene glycol, vegetable glycerin, flavoring and nicotine.

- The primary concern with e-liquid is the amount of nicotine. Concentrations can vary from 0 mg/mL to 36 mg/mL.
  - For the strongest strength (36 mg/mL), one teaspoon (5 mL) contains 180 mg of nicotine. This is roughly equivalent to smoking up to 90 cigarettes.

- Human exposure (poisonings) reported to the Oklahoma Poison Center:
  - 2010: 1
  - 2011: 8
  - 2012: 12
  - 2013: 77
  - 2014: 27 (as of March 24, 2014)

- Concerns with e-liquid:
  - The packaging is frequently not child-resistant.
  - Liquid is often colorful, scented, and flavored which makes it attractive to children.
  - Inadequate or nonexistent warning labels.
  - Inadequate/nonexistent studies or data on what long-term exposure to inhalation of propylene glycol vapor does to humans.
  - Nicotine can be absorbed into the body by inhaling, swallowing, or through the skin.
  - E-liquid is not regulated by federal authorities.

- When reviewing pediatric exposures (poisonings) to nicotine, children who experienced severe nicotine toxicity (which might include seizures, coma, respiratory depression, and hypotension) the amount of nicotine ingested was 1.4 to 1.9 mg/kg. In a 10kg (22 pounds) child, that is equal to less than 1 teaspoon of e-liquid.

If you have questions about e-liquid or suspect that someone has ingested e-liquid, don’t wait for the person to look or act sick, call the Oklahoma Poison Center immediately at (800) 222-1222.

For more information please contact:
Whitney Kemp, Education Coordinator
(405) 271-5062
Whitney-Kemp@ouhsc.edu