



E-cigarette Flavor Restrictions' Effects on Tobacco Product Sales

This study highlights the danger of restrictive taste policies in vaping liquids.

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4586701

Effect of unguided e-cigarette provision on uptake, use, and smoking cessation among adults who smoke in the USA: a naturalistic, randomised, controlled clinical trial

[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(23\)00319-X/fulltext#:~:text=Results%20from%20the%20trial%20suggested,changes%20in%20cessation%2Drelated%20behaviors.](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(23)00319-X/fulltext#:~:text=Results%20from%20the%20trial%20suggested,changes%20in%20cessation%2Drelated%20behaviors.)

Use of vaping as a smoking cessation aid: a review of clinical trials

<https://www.dovepress.com/use-of-vaping-as-a-smoking-cessation-aid-a-review-of-clinical-trials-peer-reviewed-fulltext-article-journal-of-multidisciplinary-healthcare>

Smoking reduction using electronic nicotine delivery systems in combination with nicotine skin patches

<https://link.springer.com/article/10.1007/s00213-023-06401-y>

The case for flavours in tobacco harm reduction, to save lives.

A multi-dimensional review of the use of flavours in tobacco harm reduction & nicotine vaping products

<https://thr.ams3.cdn.digitaloceanspaces.com/strapi/0cbd3b34cef86dad0032528c324d2f7b.pdf>

E-cigarette initiation and associated changes in smoking cessation and reduction: the population assessment of tobacco and health study, 2013–2015

This study shows that vaping products are an effective way to quit smoking

<https://tobaccocontrol.bmj.com/content/28/1/42.citation-tools>

E-cigarettes and smoking cessation in the United States according to frequency of e-cigarette use and quitting duration: analysis of the 2016 and 2017 national health interview surveys

This study shows that smoke-free products are an effective way to quit smoking

<https://academic.oup.com/ntr/advance-article-abstract/doi/10.1093/ntr/ntz025/5320447?redirectedFrom=fulltext>

Vaping in England: an evidence update February 2019

This study shows that smoke-free products are an effective way to quit smoking

<https://www.gov.uk/government/publications/vaping-in-england-an-evidence-update-february-2019/vaping-in-england-evidence-update-summary-february-2019>

Moderators of real-world effectiveness of smoking cessation aids: a population study

This study shows that smoke-free products are an effective way to quit smoking

<https://onlinelibrary.wiley.com/doi/10.1111/add.14656>



Smokeless tobacco mortality risks: an analysis of two contemporary nationally representative longitudinal mortality studies

This study shows that smoke-free products are an effective way to quit smoking

<https://academic.oup.com/ntr/advance-article-abstract/doi/10.1093/ntr/ntz025/5320447?redirectedFrom=fulltext>

Correlates of electronic cigarette use in the general population and among smokers in Australia – findings from a nationally representative survey

This study shows that smoke-free products are an effective way to quit smoking

<https://www.sciencedirect.com/science/article/abs/pii/S0306460318310189?dgcid=coauthor>

A randomized trial of e-cigarettes versus nicotine-replacement therapy

This study shows that smoke-free products are an effective way to quit smoking

<https://www.nejm.org/doi/10.1056/NEJMoa1808779>

Patterns of e-cigarette use, biochemically verified smoking status and self-reported changes in health status of a random sample of vapes shops customers in Greece

This study shows that smoke-free products are less harmful than traditional cigarettes

<https://link.springer.com/article/10.1007/s11739-018-02011-1>

Comparing the cancer potencies of emissions from vapourised nicotine products including e-cigarettes with those of tobacco smoke

This study shows that smoke-free products are an effective way to quit smoking

<https://tobaccocontrol.bmj.com/content/27/1/10>

Harm minimization and tobacco control: reframing societal views of nicotine use to rapidly save lives

This study shows that smoke-free products are less harmful than traditional cigarettes

<https://www.annualreviews.org/doi/pdf/10.1146/annurev-publhealth-040617-013849>

Comparison of nicotine and toxicant exposure in users of electronic cigarettes and combustible cigarettes

This study shows that smoke-free products are less harmful than traditional cigarettes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6011187/>

The unique contribution of e-cigarettes for tobacco harm reduction in supporting smoking relapse prevention

This study shows that smoke-free products are an effective way to quit smoking

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6011187/>



Public health consequences of e-cigarettes

This study shows that smoke-free products are less harmful than traditional cigarettes

<https://www.nap.edu/catalog/24952/public-health-consequences-of-e-cigarettes>

How do we determine the impact of e-cigarettes on cigarette smoking cessation or reduction? review and recommendations for answering the research question with scientific rigor

This study shows that vaping products are an effective way to quit smoking

<https://jhu.pure.elsevier.com/en/publications/how-do-we-determine-the-impact-of-e-cigarettes-on-cigarette-smoki>

Prevalence of population smoking cessation by electronic cigarette use status in a national sample of recent smokers

This study shows that vaping products are an effective way to quit smoking

<https://pubmed.ncbi.nlm.nih.gov/28802179/>

Effectiveness and safety of electronic cigarettes among sole and dual user vapers in kuantan and pekan, malaysia: a six-month observational study

This study shows that vaping products are an effective way to quit smoking

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102911/>

Vape Shop: who uses them and what do they do?

This study shows that vaping products are an effective way to quit smoking

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5914011/>

Are smokers who are regularly exposed to e-cigarette use by others more or less motivated to stop or to make a quit attempt? a cross-sectional and longitudinal survey

This study shows that vaping products are an effective way to quit smoking

<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-018-1195-3>

About one in five novice vapers buying their first e-cigarette in a vape shop are smoking abstinent after six months

This study shows that vaping products are an effective way to quit smoking

<https://www.mdpi.com/1660-4601/15/9/1886>

An online survey of New Zealand vapers

This study shows that vaping products are an effective way to quit smoking

<https://www.mdpi.com/1660-4601/15/2/222>

Managing nicotine without smoke to save lives now: evidence for harm minimization

This study shows that vaping products are less harmful than traditional cigarettes

<https://www.sciencedirect.com/science/article/abs/pii/S0091743518301981>



E-cigarettes versus nicotine patches for perioperative smoking cessation: a pilot randomized trial

This study shows that vaping products are an effective way to quit smoking
<https://pubmed.ncbi.nlm.nih.gov/30280019/>

The unique contribution of e-cigarettes for tobacco harm reduction in supporting smoking relapse prevention

This study shows that smoke-free products are an effective way to quit smoking
<https://harmreductionjournal.biomedcentral.com/articles/10.1186/s12954-018-0237-7>

The relationship of e-cigarette use to cigarette quit attempts and cessation: insights from a large, nationally representative u.s. survey

This study shows that vaping products are an effective way to quit smoking
<https://academic.oup.com/ntr/article/20/8/931/4096490>

E-cigarettes usage is associated with increased past-12-month quit attempts and successful smoking cessation in two us population-based surveys

This study shows that vaping products are an effective way to quit smoking
<https://academic.oup.com/ntr/article-abstract/21/10/1331/5124588>

E-cigarettes: comparing the possible risks of increasing smoking initiation with the potential benefits of increasing smoking cessation

This study shows that vaping products are an effective way to quit smoking
<https://academic.oup.com/ntr/article/21/1/41/4956222>

E-cigarettes and vaporisers

This study shows that vaping products are an effective way to quit smoking
https://www.ranzcp.org/news-policy/policy-and-advocacy/position-statements/e-cigarettes-and-vaporisers?fbclid=IwAR01bXjIPeDVtY9Y8f7_QdsahtFnhGuIxbklotANOSPWUdhqmmBV2d3OyDY

Potential deaths averted in usa by replacing cigarettes with e-cigarettes

This study shows that vaping products are less harmful than traditional cigarettes
<https://tobaccocontrol.bmj.com/content/27/1/18>

Examining the relationship of vaping to smoking initiation among us youth and young adults: a reality check

This study shows that vaping products are an effective way to quit smoking
<https://athra.org.au/wp-content/uploads/2018/11/Levy-D.-Examining-the-relationship-of-vaping-to-smoking-initiation-among-US-youth-and-young-adults.-Tob-Control-2018.pdf>

Consensus statement on e-cigarette

This study shows that smoke-free products are less harmful than traditional cigarettes
<http://www.healthscotland.scot/media/1576/e-cigarettes-consensus-statement-sep-2017.pdf>



Overview of electronic nicotine delivery systems: a systematic review
This study shows that vaping products are an effective way to quit smoking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5253272/>

Nicotine, carcinogen, and toxin exposure in long-term e-cigarette and nicotine replacement therapy users: a cross-sectional study
This study shows that vaping products are less harmful than traditional cigarettes
<https://www.acpjournals.org/doi/10.7326/M16-1107>

Adolescents and e-cigarettes: objects of concern may appear larger than they are
This study shows that vaping products are an effective way to quit smoking
<https://www.sciencedirect.com/science/article/abs/pii/S0376871617300236>

The application of a decision-theoretic model to estimate the public health impact of vaporized nicotine product initiation in the United States
This study shows that vaping products are less harmful than traditional cigarettes
<https://pubmed.ncbi.nlm.nih.gov/27613952/>

Is adolescent e-cigarette use associated with subsequent smoking?
<https://academic.oup.com/ntr/article/24/5/710/6432620>

The effectiveness of e-cigarettes for smoking cessation-a comparison with nicotine replacement therapy and no use of evidence-based cessation aids in the German population
This study confirms the greater effectiveness of e-cigarettes even compared to replacement therapies.
<https://pubmed.ncbi.nlm.nih.gov/35384835/>

E-cigarette use and associated changes in population smoking cessation: evidence from us current population surveys
This study shows that vaping products are an effective way to quit smoking
<https://www.bmj.com/content/358/bmj.j3262>

Nicotine levels, withdrawal symptoms, and smoking reduction success in real world use: a comparison of cigarette smokers and dual users of both cigarettes and e-cigarettes
This study shows that vaping products are an effective way to quit smoking
<https://www.sciencedirect.com/science/article/abs/pii/S0376871616309929>

Electronic cigarette use in France in 2014
This study shows that vaping products are an effective way to quit smoking
<https://pubmed.ncbi.nlm.nih.gov/26687039/>



Health professionals in flanders perceive the potential health risks of vaping as lower than those of smoking but do not recommend using e- cigarettes to their smoking patients

This study shows that vaping products are less harmful than traditional cigarettes
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4919883/>

Healthy innovation: vaping, smoking, and public policy

This study shows that vaping products are less harmful than traditional cigarettes
<https://onlinelibrary.wiley.com/doi/abs/10.1002/pam.21895>

Patterns of electronic cigarette use among adults in the United States

This study shows that vaping products are an effective way to quit smoking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5896829/>

Nicotine without smoke: tobacco harm reduction

This study shows that vaping products are less harmful than traditional cigarettes
<https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction>

Association between electronic cigarette use and changes in quit attempts, success of quit attempts, use of smoking cessation pharmacotherapy, and use of stop smoking services in england: time series analysis of population trends

This study shows that vaping products are an effective way to quit smoking
<https://www.bmj.com/content/354/bmj.i4645>

Long-term e-cigarette use and smoking cessation: a longitudinal study with us population

This study shows that vaping products are an effective way to quit smoking
https://tobaccocontrol.bmj.com/content/25/Suppl_1/i90

Electronic cigarettes what should you tell your patients?

This study shows that vaping products are less harmful than traditional cigarettes
<https://medicinetoday.com.au/2015/october/feature-article/electronic-cigarettes-what-should-you-tell-your-patients>

Evaluation of toxicant and carcinogen metabolites in the urine of e- cigarette users versus cigarette smokers

This study shows that vaping products are less harmful than traditional cigarettes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4481723/>

Real-world effectiveness of e-cigarettes when used to aid smoking cessation: a cross-sectional population study

This study shows that vaping products are an effective way to quit smoking
<https://onlinelibrary.wiley.com/doi/full/10.1111/add.12623>



Peering through the mist: systematic review of what the chemistry of contaminants in electronic cigarettes tells us about health risks

This study shows that vaping products are an effective way to quit smoking
<https://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-14-18>

Effect of smoking abstinence and reduction in asthmatic smokers switching to electronic cigarettes: evidence for harm reversal

This study shows that vaping products are an effective way to quit smoking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4053879/>

Levels of selected carcinogens and toxicants in vapour from e-cig

This study shows that vaping products are an effective way to quit smoking
<https://europepmc.org/backend/ptpmcrender.fcgi?accid=PMC4154473&blobtype=pdf>

Vaping' profiles and preferences: an online survey of electronic cigarette users

This study shows that vaping products are an effective way to quit smoking
<https://pubmed.ncbi.nlm.nih.gov/23551515/>

Acute impact of active and passive electronic cigarette smoking on serum cotinine and lung function

This study shows that vaping products are an effective way to quit smoking
<https://www.tandfonline.com/doi/abs/10.3109/08958378.2012.758197?journalCode=iiht20>

Impact of flavour variability on electronic cigarette use experience: an internet survey

This study shows that vaping products are an effective way to quit smoking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3881166/>

Evaluating nicotine levels selection and patterns of electronic cigarette use in a group of "vapers" who had achieved complete substitution of smoking

This study shows that vaping products are an effective way to quit smoking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772898/>

Comparison of the effects of e-cigarette vapor and cigarette smoke on indoor air quality

This study shows that vaping products are an effective way to quit smoking
<https://pubmed.ncbi.nlm.nih.gov/23033998/>

Electronic cigarettes as a smoking-cessation: tool results from an online survey

This study shows that vaping products are an effective way to quit smoking
<https://pubmed.ncbi.nlm.nih.gov/21406283/>

Analysis of common methodological flaws in the highest cited e-cigarette epidemiology research

This study points out that: "Many studies on e-cigarettes are biased and flawed".
<https://pubmed.ncbi.nlm.nih.gov/35325394/>



How regulation endanger the public health, a review of the evidence on e-cigarette risks and benefits and policy missteps

The American Consumer Institute Centerfor Citizen Research (ACI)

<https://www.theamericanconsumer.org/wp-content/uploads/2022/01/E-Cig-Policy-Report.pdf>

Is e-cigarette use associated with better health and functioning among smokers approaching midlife?

This study shows that switching to e-cigarettes before the age of 40 makes you age better!

https://www.sciencedirect.com/science/article/abs/pii/S0376871622001326?dgcid=rss_sd_all

Effect of vaping on past-year smoking cessation success of Australians in 2019-evidence from a national survey

This study shows that e-cigarettes increase smoking cessation by up to 124%.

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