

UK residents final comments to Nicotine Users Survey 2020

Do you have any additional remarks?

328 comments from UK residents:

- Personally I don't see why they are trying to apply heavy taxes above the standard VAT as smoking was always targeted because of the health impacts associated with smoking where vaping has yet to be shown to be harmful in any significant way.

- Vaping saves lives. Tax it but do not ban it, without vaping my health would be significantly worse than it is today.

- Vaping is affordable and enjoyable. The TPD limit on nicotine containing eliquids hadnt affected me much - 0mg eliquids are cheaper and in larger bottles now, and I can add my own nicotine as and when desired.

- I now mix my own juices. I buy 72mg nicotine & VG/PG dilutents to mix a non flavoured base. Over time I have reduced the nicotine strength for my consumption from 36mg to 12mg. When I run low I add 20% of flavour to the base & I'm ready to go. This has been made difficult due to TPD interventions & my concern was, is & remains that more well intentioned but ill advised restrictions will force the trade underground with all the dangers that will bring. The 2ml "tank" TPD restriction has resulted in me not buying a tank from an EU source for several years it feels, I fear more of the same if similar bizarre changes are imposed frankly.

- Using vape has been the only alternative to cigarettes that removed all desire to smoke combustible tobacco after 15 years of failed attempts using patches, nicotine gum and 'cigalike' vapour devices. It was 36 hours from trying my first refillable vape kit to stubbing out my last tobacco cigarette; that was nearly 7 years ago and I haven't smoked tobacco since then, and my quality of health has improved since I switched.

- Why tax more for a life changing product. The health benefits of vaping over smoking are well known as are the risks of smoking. It would make more sense to tax combustible tobacco more as that is the most harmful way to consume nicotine. Vaping saves lives. People enjoy flavours. Governments should be honest with the public and promote vaping not use it as a cash cow.

- Vaping has been a very in positive experience for me and my partner, friends, etc. And we all think that TPD is an infringement on our freedom rights. It's just typical that when something becomes popular that governing body's have to stick there oars in and make stupid law's to make our positive experience restrictive.

- I have been a vaper since 2008 I DIY my eliquid and always have done, you don't have questions for DIYers

- Vaping is the only method To successfully Allow me to give up smoking an stay smoke free. I started smoking at the age of 11, by the age of 13 I was smoking over 30 cigarettes a day! I tried all methods through my 20's to quit and nothing worked, when I was 32 I could no longer do my job due to health problems from smoking so I tried vaping, I had to use 34mg eliquid to keep me from smoking, after a year I dropped to 24mg, after another year I was down to 18mg, I then dropped to 15,12 an now 8mg over the last 3 years. During that first year I smoked less than 5 cigarettes and maybe a few drags in the second. I haven't smoked a cigarette in over 4 years....something I never thought I'd be able to say! Vaping has literally saved my life, it needs to be respected and used to help people like me that couldn't give up smoking to get there life back but they will need the strong 34mg available to get them through the transition from combustible smoking to vapour inhalation. Thanks for reading, Best regards Sam

- After over 3 decades as a smoker & after multiple attempts to quit, trying everything from gum, patches, chewing tobacco, mouthwash & pills, with little to no success. I was pointed in the direction of vaping. Within 1 month, I had quit tobacco. One of the main reasons for that was after using flavored eliquid, I grew to dislike the taste & smell of tobacco. Vaping has saved my life & flavored liquids are the reason I will never return to smoking.
- Vaping has quite possibly saved my life. My lungs are healthier now.
- Nic shots / DIY nicotine should revert to the 76mg cap (Beyond which is considered harmful and requires a licence to obtain in the UK)
- Vaping is 95% less harmful than smoking. You should be doing everything possible to increase access to it and lower the cost. Rather than taxing it, subsidising it would be a good idea.
- Just leave us smokers alone. They have done enough damage to pubs, clubs etc already.
- Vaping saved my life I have both my mum, brother and best Friend all get tobacco free. You want to impose a small tax am happy for that but the 10ml bottle restriction and 2ml tank restrictions serve no purpose but makes things harder for no reason. These measures have made zero difference and caused a negative impact on the consumer.
- Vaping saved my life. Its a lifestyle choice not an addiction, since I now vape less than .07mg of nicotine to 0mg, this took me only 2 years to do from 24mg at start. Over 7 years smoke free now after smoking from the age of 12 to 51. I could not have done it without vaping, it was easy, I didn't even have to try, I stopped instantly. Nothing else worked for me in all those years, [hypnosis, acupuncture, patches, gum [nasty stuff gum] chemist grade fake fags, self will] I even had threats from NHS doctor of no treatment if I didn't stop smoking. That didn't stop me smoking either. I did it myself and no one should have the right to take that away from me or anyone else that wants to stop smoking. Thank you I love to vape
- The risk of losing vaping would be hugely wrong. I have worked and been involved in the industry for many years and seen the massive effects with vaping. It is life changing for people. I have had an 80 year old man who smoked for 65 years quite over night.
- Flavours were top importance in me switching to vaping. I now make my own eliquids with my own (vape-safe) flavours. Restricting flavours would cause harm, as people try to stop smoking and want to find flavours they like. And the taste of flavours is so personal - what one person loves, another may hate. Having the choice is so important.
- I genuinely believe vaping saved my life, I have a heart condition and multiple mental health issues (which exclude quit drugs). I have several friends who vape as they have COPD or related conditions which are eased by vaping, we all tried the alternatives without success, Vaping has worked and we have found a large social scene based around vaping, this has become important to us and means we can support each other in these trying times. Returning to smoking due to vaping bans would probably mean a greatly shortened life for most of us
- It would be detrimental to economies and people's health to expand grossly disproportionate sin taxes from tobacco to products that are not tobacco, at least without massively raising taxes on alcohol (approx. 300%). Perhaps countries with an itch to punish us should instead incentivise the use of synthesised nicotine by not taxing products that definitely have nothing to do with tobacco.
- By either increasing the overall cost of vaping products or banning flavours and only implementing tobacco e-liquid flavours, the entire vaping community would be ruined. Multiple studies show that vaping is a good way to help individuals quit smoking completely, and restricting the products available will drastically affect individuals finding a safer alternative in order to improve their overall health.
- The 10ml bottles create huge amounts of plastic waste, and the list of required legislation is hard to read on such a small label. I don't believe an increase in maximum strength is warranted or needed, but

minimum bottle size containing nicotine should most definitely be increased. Price hikes will increase the likelihood of black market eliquids, which is something manufacturers of authentic and regulated products already struggle with

- Vaping was the only way I quit smoking all other methods failed, I tried every other method from Patched to Hypnosis nothing worked for me.

- Excellent, well thought out survey. Thank you.

- I've not smoked for over 10 years having been a 40/50 a day smoker . . . vaping works, leave it alone and STOP the demonizing of the habit by those who are clueless!

- Stop the EU trying to dictate to adults what they can use and in what quantity and volume. Stop any stealth tax.

- i DID TRY PATCHES AND GUM BOTH MADE ME SICK AND GAVE ME HEADACHES.

- In order to reduce costs And to reduce nicotine consumption at a rate I could safely not return to smoking cigarettes I began making my own E liquids. I can also make it in a more realistic amount than buying 10ml bottles which add to plastic pollution. I cannot understand why a 10ml bottle is deemed a good amount for a vaper when most people starting to give up reach for their vape more. It becomes cost prohibitive to buy multiple small 10ml bottles. To begin Vaping was the Best decision I have ever made and the ONLY way I have been able to give up cigarettes having tried most other methods over the years only to return to cigarettes. Everyone who wants to give up smoking should be able to vape and buy as much e liquid in a strength that curbs their cravings to aid them in quitting in my opinion

- I am sick of Europe and the TPD legislation.

- Hopefully other countries follow the UK in it's stance on vaping

- No

- Dont ban flavors

- All the questions related to bottles of nicotine, I tend to use pods so I don't have to mix. If they were stronger I might quit but I use pods and cigarettes (roll ups) together to cut down.

- 1. Flavours are very important to adult vapers and I do not believe that they are only marketed in order to attract children to vaping. 2. Legislation should focus on safety and efficacy 3. Legislation and taxation should not act as a deterrant to vaping or smokers who wish to switch to vaping 4. Nicotine use is about as dangerous to individual adults and society as caffeine and much less dangerous than alcohol. 5. Vaping is not smoking

- If it wasn't for vaping, I would probably still be smoking. Having tried many other attempts at quitting, and all failed, this saved my life.

- Accidental quitter through curiosity about e cigarettes. Surprised and delighted at health improvements - wind, hearing - delighted to find it more enjoyable than smoking. Heartbroken at the bias and prejudice stopping others from making the same positive move. I mean, I know personally how much better vaping is than smoking and how very wrong are WHO, FTCD and SCHEER report. My one comforting indulgence, don't take it away.

- Small maximum tank size is unnecessary, I currently still the use 7ml tanks which I was using before the TPD. The current maximum bottle size is environmentally bad & could pose a choke hazard to young children. I can buy household ammonia or bleach in 2.5l bottles both are far more dangerous than a 100ml bottle of eliquid. It cant be stressed enough how important flavours are, I tried an awful lot of different flavours before finding the two I currently use & have been using for years.

- Non combustible nicotine products are incredibly important to reducing deaths and chronic health problems caused by smoking. Vaping has been assessed to be AT LEAST 95% less harmful than smoking and will save countless lives if not regulated or priced out of existence!

- Vaping saves lives! I don't think there anything else to add! ðŸ™ª“

- I believe vaping has saved my life. It has helped me to quit smoking after 8 years of heavy use. I understand vaping is not without its risks, but i also believe that i am a responsible user of vaping products. I have spent hours of my time building my knowledge of all aspects of vaping so that i can feel as safe as possible inhaling these products. I think the vaping industry is incredibly important in helping to save lives all over the world. I understand that these products may be interesting to people who may have never smoked previously, especially minors, and therefore i believe tight age restrictions need to be in place so that these products never land in the hands of minors. In many ways i compare the eliquid market to flavoured alcoholic spirits such as 'mango vodka'. The alcohol market has tight restrictions so that children cannot access these products but are by most parts free to advertise them as they please. If the vaping industry was subject to strict age restricted sale checks just like tobacco and alcohol is treated, vaping would be less accessible for children and adults would still be able to utilise them to improve their health by quitting smoking. Flavours have been an immense factor in helping me to quit smoking. Vaping always appealed to me over smoking because it did not leave an unpleasant tobacco taste in my mouth. If there were only tobacco e-liquid flavours on the market, it negates a large motivator to switch to vaping.

- EU and UK citizens should have safe and regulated vape devices and flavoured eliquids available on their local high streets and online. Prohibition and high taxes do not work and protect no one. Shortfill eliquid ingredients should also be regulated by the tpd and large bottles of nicotine containing eliquid should be legal and regulated. Vaping is not fashionable and young teens do not care to use them, Vaping is mostly used by ex smoker or smokers trying to quit.

- Vaping has saved my life

- Vaping saved my life, I would defend it with that same life! I had deformed lungs full of tar, had a heart attack and a stroke, now my doctor tells me that my annual check looks as if I have never smoked!

- Vaping is a far safer, relatively high adopter success rated alternative/replacement for smoking. With regards to health and wellbeing available choices in vaping should be increased not decreased.

- Increase level of nicotine. Add nicotine back to shortfills. Stop trying to limit people's ability to improve them self! Just because you get revenue from smoking doesn't mean you should morally make it difficult for people to benefit their own health. Leave people alone and let them vape freely, stop being so controlling!

- No

- sadly though not illegal to vape in public areas and workplaces most places have included no vaping in their regulations and that was a very big incentive to switch to vaping. that incentive has gone away and for some who are yet to switch if they cant stay inside while vaping they might as well smoke.

- Price increases, further restrictions based on shoddy evidence & anything but the relaxation of current excessive rules represent regulatory misconduct. Continued overregulation inhibits use of these effective life-saving tobacco harm reduction products, fuels illicit markets and will prolong the devastating impact of smoking related disease/death across Europe.

- Vaping is now a hobby with me.

- Vaping stopped me smoking 30 plus a day cigarettes....i started on 18mg and have only ever used non tobacco flavours. I worked my way down through the nicotine levels over 5 years taking each one slowly and have been 0mg for 2 years, i enjoy the flavours and my partner still smokes so i continue vaping for pleasure and to prevent me craving sweet stuff which would increase my weight and to keep me off the

fags no matter how stressful life is rather than returning to smoking due to the fact my partner still has smoking related paraphernalia in my home

- The EU should stop getting in the way of harm reduction
- Bigger tank sizes and e-liquid bottles containing Nicotine plus access to purchase 72mg again
- I wholly support the use of snus and nicopods as a healthier substitute for smoking and vaping
- Nicotine use is a lifestyle option when viewed comparatively to a tobacco smoking addiction, and in this context cheaper for the health organisations and conducive to reduction in the normalisation of smoking combusted tobacco. This can only be a good thing and there is zero substantive argument to tax something that has not been discovered to have a net cost to the economy, except to make up for lost taxes through reduced consumption of tobacco and associated taxable expenditure. Tax the polluting cars, companies, excessively heavy bonuses of bankers, and foreign-owned investment properties first.
- You have failed to take into account the option to make your own e-liquid. All of the constituent parts in e-liquid have other uses and can be readily purchased online. Vegetable Glycerin is used as cough medicine and is readily available in pharmacies. Propylene Glycol is used in many foods and drinks, and is widely used in the beauty and pharmaceutical industries. The flavourings used are all designed for the food/drink industry. Simply buying the necessary ingredients and mixing your own e-liquid is extremely simple. Providing there is not an outright ban on the sale of nicotine it would be impossible to stop people making e-liquid at home.
- Vaping :It's a way of life
- I 100% would go back to smoking cigarettes if my preferred fruity flavours got banned. Adults are allowed to enjoy sweet things.
- Two things: 1. Increase the maximum Nicotine limit 2. Don't raise prices
- I know that vaping has made it possible for me to quit smoking, and also encourage others, from my partner, his family, my work colleagues (at least 10 of them). This encourages more people to try it and maybe they'll stop too. If the restrictions mean less people have the opportunity I had, it's wrong, plain & simple. I will never understand why an alcoholic can buy litre bottles of alcohol, and yet I cannot buy more than 10 ml of vape juice, which creates more plastic in a world where we're drowning in it.
- Currently in the UK, all liquids containing nicotine need to be submitted to the MRHA, this should be applied to all liquids intended for vaping. The fact that 0mg shortfills don't have to be tested (I know quite a few that won't produce testing reports) has led to a major increase in low quality cheap brands flooding the market, there is no accountability for these companies. Also the 2ml limit on tank/pod capacity is more annoying than anything, and now that the availability (UK) of expanded glasses/pods is getting more challenging, either fall back in line with international versions of tanks/pods (this will also reduce the impact on factories having to produce multiple variants, either with reduced capacity glass or a completely different machined versions), or have no restriction on availability of expanded glasses/pods from the suppliers. Have it just be optional, it can still be 2ml at point of sale. From a UK Vape shop purchasing manager.
- We mix our own juice so many questions are not relevant. We have about 4 litres of 72mg Nicotine base in the freezer, PG and VG are readily available, and flavours come from Flavour Art, one of the most reputable suppliers on the market.
- Article 20 of the EU TPD sucks dick.
- I make my own liquids taking care the ingredients I buy are safe. The 10ml limit is just absurd.
- Please don't let governments destroy an avenue that has already and will save many lives for those switching from the deadly combustible cigarettes to a much safer alternative in flavoured nicotine e-liquid.

Over the last 20-30 years- I have tried nicotine patches, nicotine gum and nicotine spray—none of these worked for me and the longest time I managed to quit combustible cigarettes was about 2 weeks before returning to them again. I have now quite smoking completely for nearly three years and reduced my nicotine from 12mg (initially) to 3mg (DL) and 6mg (MTL) using flavoured nicotine eliquid. Regarding flavouring –I have completely removed flavours such as tobacco and mint as these for me remind me of combustible cigarettes which im trying never to go back too. Regarding Tax and regulations – why should nicotine eliquid be potentially taxed differently to say nicotine spray, nicotine gum or nicotine patched – all attempt to save lives from the deadly combustible cigarettes and should be encouraged by health organisations and governments – and not taxed to a point of encouraging people back to smoking combustible cigarettes.

- Tried to give up smoking for 40 years with no success. Tried vaping and gave up smoking within a week. Restrictions on vaping products will resort to me going back to tobacco. I am an adult and can make my own decisions what I put in my body and do not need the nanny state to patronise. Focus on banning the real killer...cigarettes.

- After 35 years of smoking it took less than a month to completely switch to vaping. My health is far better now. No more coughing or thick flem in my throat.

- I already know the ingredients of my e-liquid (down to the molecular level), I know the circuits used in vape devices, I certainly know the resistance of the coils - it is as important as the nic level in my e-liquid. I know good practice and have in the past switched manufacturers when they have displeased me. These questions you have asked indicate that YOU don't know these things (or the persons who will be using the results of this questionnaire don't know these things) - THAT IS WORRYING. Legislative bodies should be expertly versed in these things. There is FAR TOO MUCH IGNORANCE regarding vaping in the world AND THAT IGNORANCE IS ONLY GETTING WORSE. What is needed is education regarding the efficacy of vaping - in order to counter the rampant misinformation. Vaping should be lauded (or further lauded) as the greatest anti-smoking tool the world has ever seen.

- Why do powerful people who know very little about vaping and base their views on the opinions of others make decisions on what everyone else should be doing and ignore the very people who it affects? Or is it all about the money?

- I don't like vaping and nicotine pouches seem healthier to me.

- Vaping has kept me off cigarettes for 7 years, therefore limiting the effects of my previous cigarette habits on my health. When I buy products, I pay VAT on them within the UK and therefore they are not a tax free product and the government receive the relevant portion of my purchase. If vaping was made illegal, I would potentially be forced to return to smoking or seek alternative places to buy what I currently do, therefore reducing the money the government receive from me. I did not like the taste of cigarettes when I smoked, nor the lingering smell, with vaping I have the opportunity to pick what flavour takes my mood at that moment; I have never vaped tobacco flavoured eliquid, nor do I have the desire to do so. Limiting nicotine strength to 20mg has made it a lot harder for long-term smokers to give up smoking by using vaping instead. I doubt I would have been as to give up smoking if I didn't have the ability to use 36mg eliquid. Even now, the nicotine strength I use varies throughout the day. I can pick various flavours, depending on what I would want to taste at that moment. Being an adult does not mean I do not like sweets and sweet things, fruit, menthol, mint, savoury etc why should what I vape be restricted to an unqualified perception about what I, or anyone else, want.

- Surtax or 'Sin Taxes' were put on tobacco and cigarettes to stop people from smoking because smoking kills. There is NO justifiable reason for a 'Sin Tax' on Vaping products as vaping DOES NOT kill.

- Firstly, switching from smoking to vaping has been the single best health related decision I have ever made. Secondly, I have made numerous friends in the vaping community some of whom I meet at a regular vapemeet and vape expo's. Lastly, if vaping had been around for my father, he would have loved the tinkering with his set-up's and perhaps would not have suffered a painful death from emphysema.

- I worry that the future changes in TPD(3) may lead to restrictions which affect vaping, so that the attractive things (giving up smoking, flavours, spending less money comparatively) will be adversely affected and impact upon my well-being. As someone who has struggled many times to give up cigarettes and found something that helped me succeed, it pains me there may be plans to add more constrictions on a THR method which enabled me to give up smoking

- Whoever came up with the TPD knows nothing about vaping or even smoking, just some random bureaucrats sitting in some office. All those laws do is increase purchases from third countries.

- I quit a 40 yrs smoking habit 10 yrs ago thanks to vaping. I am much happier and healthier for it now and saved a fortune

- The TPD2 was inhumane and pointless, to continue down the rabbit hole with a TPD3 should see people jailed.

- All we need to alter is bigger tanks, 2ml is no good, all this does is send money to china and give us our bottles of nic back.

- I have been vaping since 2011. I quit smoking completely 1 week after finding vaping. I have not smoked lit tobacco since. My health has improved immeasurably, I have saved a small fortune and reduced the burden I may have on public health services. How *any* taxes or restrictions on vaping can be seen as a "gain" for public health is beyond me! *Every* current smoker deserves the same opportunity to choose a far healthier option, and any barriers to that choice would be nonsensical. Vaping should be championed as the health miracle it really is, and widely promoted for its harm reduction features over smoking. Flavours were crucial to my success - sweet flavours contrasted with the tobacco flavour of cigarettes and really made all the difference for me being able to quit smoking.

- 4 ex-smokers in my family, four. The youngest is 18 & the eldest 63, 3 of us would (without doubt) return to smoking if vaping became unavailable. All four of us would absolutely still be smoking if they never had been.

- The survey asked me about my reaction to EU events, even though I said I was not resident in the EU (yay Brexit). This could lead to bias.

- No

- Please stop the stupid size limitations placed on vaping products. Stupid that you can't get tanks over certain sizes, liquid in small amounts and nicotine in very small amounts. This does nothing but harm people who try and quit smoking

- Mostly DIY my own e liquid

- Although an increase in the maximum legal amount of nicotine allowed in a pre-mixed bottle from 20mg/ml would not affect me now I started on 28mg/ml to help me quit smoking and I believe it would help others do the same

- Having access to higher nicotine content in larger bottles would help me so much, including giving up for good. I hope this changes. I would also like to see the cost of vaping stay the same, or if not only a very minor increase

- The 10ml, 20mg limit is wasteful as the bottles just get thrown away and not reused like the 30ml 50ml and 100ml bottles I used to buy at a preferential price,

- Vaping is the only method out of many tried that worked for me. I mix my own e-liquid and the inability to (legally) buy 72mg nic base is a big issue for me and lots like me

- I have a history of asthma but no longer need inhalers. When I smoked I often got chest infections that gave me breathing difficulties, sometimes for several weeks. Smoking was such a comfort, I felt like I

could never stop. I tried vaping and gave up smoking within 24 hours. I suddenly realised there was a way to satisfy nicotine cravings that tasted much better. My health has improved. I think mixing vaping with Snus would be better for me, because of my history, ideally I'd be inhaling less. Vaping has helped me a lot, it has reduced my risk but I think Snus being available in the UK would improve my choices to be in control of my own health even further.

- I'm very grateful that I discovered vaping and was able to freely obtain the products in the EU. I feel it has improved the quality of my life and mitigates against future disease as I get older.

- i will add that i really think vaping has extended my life

- I am 72 years of age and I am enjoying a much healthier life. Also I believe my costs to the NHS has very much reduced.

- They wanted us to quit smoking. We did. If they go after vaping now it proves one thing- it's all about and gas only been about money. Leave us alone!

- I'm generally happy with the UK its regulations. It would be help full for heavy smokers to have access to higher nicotine levels, but for me, this currently works. The small bottle size regulation from the EU makes no sense at all, it is just wasteful to everyone. We need politicians in the EU and national governments to understand smokers and their needs in order to eliminate smoking and death by motivating them to make less harmful decisions. Vaping is by far the best example to satisfy smokers their needs while making it easy and nice to quit smoking. If regulation makes it directly favourable for smokers to pick up vaping with no mandatory usage bans and price benefits, then they will try vaping and likely transition fully if they can get satisfying flavours, nicotine levels, access and acceptance. People need to experience the benefits, else they might not consider giving up smoking if it gets the same treatment.

- I have given up smoking for over 7 years all down to vaping, if the product was taxed i would source grey market products.

- If people want to quit smoking by vaping or use caping as a healthier alternative I do not think they should be penalised for it through tax and regulations. Regulations are good but should fall to the manufacture.

- I know people who have struggled to quit smoking on 20mg, they used to use 36mg and they went back to smoking. The non-regulated black market is already live and well on Ebay, easy for anyone to buy 72mg nicotine and other ingredients. I imagine making vaping harder for people will just force more people, including myself to buy more from untrusted sources, I would have no choice.

- The UK vaping market has already faced a lot of changes in order to comply with EU regulations, and with PHE backing it as an incredibly effective way to quit smoking and also stating that it is far less harmful than smoking, I feel any further limitations imposed would cause less people to use it as a tool to quit smoking and could push existing vapers back to smoking.

- if u increase price then the demand will be shifted to the black market goods

- Without vaping i would still be smoking without a doubt as I've tried all the other alternatives available i.e patches, gum. These didnt work for me and vaping should not be restricted by the TPD. Maximum tank & bottle capacity should be increased to account for use by direct lung vapers who use more liquid. The sale of 72mg nicotine should be reintroduced for people to make there own eliquid such as myself who are now forced to procure there nicotine outside the EU and have it imported. The ban on sale of nicotine over 20mg in the EU only makes it more likely someone will fall foul of shady business practices whilst reducing revenue from tax collected on those sales.

- Vaping should not even be in the TPD, it should be in the same category as NTR's (Nicotine Replacement Therapies)

- I've been smoking cigarettes (hand rolled) for over 40 years . And e juice (vaping) is the only thing that has helped me cut my cigarette in take down to less than half hopefully down to zero. Finding the right flavours you like to vape is the hardest thing about it.

- Vaping is the only thing that has ever cured my need to smoke.

- Without vaping equipment I would still be smoking 30 tobacco cigarettes a day. You people need to wake up, smell the roses and leave well alone.

- My biggest bugbear since the last TPD revision is that I have around a 800% increase in plastic bottle waste since the 10ml bottle and max mg levels were decreased. I had 1 2 litre plastic bottle last two years and I now produce more than 50 10ml plastic bottles every 3 months. This is absolutely despicable waste when we are trying to save our planet and seas from this terrible plastic pllution and I HAVE NO CHOICE IN THE MATTER. EU TPD law forces me to produce huge amounts of plastic waste.

- Vaping has been a huge saviour for me. I feel much fitter and have increased my exercise a lot since stopping smoking thanks to vaping. Making things more difficult, restricted or expensive would be a terrible thing for all the people who use it as an alternative to smoking.

- No.

- I was smoker of 38 years had tried quitting multiple times with various products patches, gum etc. Did not work. Initially tried vaping a same pen device this did nothing and continued on cigarettes. I decided to give vaping another try this time with separate mod & tank so I could build my own coils etc this worked as I had full control of how the device operated.

- If any new EU regulations concerning nicotine use are applied to the UK I would be most upset.

- I smoked for more than 10 years. I tried various traditional NRT products with zero success. I started Vaping and found the right hardware for me. I never tried tobacco flavours, I had and have no interest. The availability and choice of ecigarettes and eliquids was integral for to success in quitting smoking. Thanks to vaping I have not used any tobacco in just over five years, not once.

- 10 ml bottles dramatically increase waste and the 2 ml tank capacity is completely pathetic. It makes Vapers spend far too long perpetually refilling their Tanks and then open bottles are not so likely to be stored in a safe place. I tried quitting with Nicotine patches but found then useless. Smoking was historically referred to as a HABIT and NOT AN ADDICTIOIN! The habit consisted of an "item" held in the hand or close to hand in an ashtray on the table or your desk. The "item" was moved to the mouth and air was sucked through it, providing the user with a pleasant experience. You can substitute Cigarette OR Vaping Device for the word "item" in the above. Neither nicotine patches, gum nor tablets (Champix), provide any of these physical activities that are associated with the smoking HABIT.

- Leave vapers alone. Far more Healthy

- I started on 18mg and each year reduced and now on 3mg so next year nicotine free. I would still be smoking tobacco if vaping hadn't been invented. These stupid 10ml bottles just increase plastic waste and serve no purpose other than irritation. Also the stupid 2ml tank maximum is pathetic when you are out all day and need to refill so I buy the bigger tank conversions from asia

- Vaping changed my life for the better. TPD has made it very difficult to get the product that suits me, most of the rules make zero sense to me. I know several people who have returned to smoking because of TPD, that is crazy.

- Vaping is NOT smoking.

- Vaping has totally transformed my life and the health benefits have been amazing no more coughing wheezing. And I have now taken up a much more active life running around 40km per week which would never have happened had I still been smoking tobacco.

- I was bedridden for fifteen years with a serious bowel disease from a young age, ulcerative colitis. I could neither eat much, nor drink without vomiting and was between life and death for this period. I was advised by an acquaintance that smoking would heal me. I tried and the anti inflammatory effects of nicotine meant I was able to live again within months. However I was also a chronic bronchitic since earliest childhood, so my lungs eventually began to suffer and were very painful. When I discovered Vaping four years ago I didn't like it compared to smoking, it didn't give the immediate & deep sense of satisfaction that a puff on a cigarette does. However the lovely flavours of chocolate, puddings, sweets, sweet fruit etc encouraged me to persevere (as the flavour was delicious, so much nicer than the taste of tobacco which is actually quite disgusting) with Vaping although it was a difficult transition it was made much easier than I had imagined by the Vaping flavours and nicotine eliquid and I gave up smoking four years ago and have only vaped since. Nor have I ever wanted to return to smoking nor have I ever been tempted, Vaping is so much more pleasant because of the flavours. What I like about Vaping is I get the nicotine my intestines need without pain in my lungs & constant bronchitis which smoking caused and I get beautiful flavours. These flavours also are so helpful because they aid me to eat more healthy food, being female I love sweet flavours, especially at certain times of the month and want to eat puddings, cake, sweets and chocolate but with Vaping flavours I don't need to eat them, I can Vape them and get the flavour without putting a strain on my health. So the gains I've had from Vaping are: my ulcerative colitis is in remission. And my lungs are healthy according to my doctor and am able to keep my weight healthy too. Without Vaping I believe I would have died from damage caused by smoking, which I would have had to continue or the Ulcerative Colitis would have killed me even sooner. Thanks to Vaping I am alive and enjoying a healthy life, so thank you for asking these questions, I hope you can help to ensure others everywhere are benefitted as I have been and continue to be by Vaping.

- No thank you

- I have been vaping for over 7 years. Until Vaping I had tried all types of ways to give up cigarettes. Patches. Gum. Hypnosis. The local stop smoking shop. Books. Nothing worked and even though I knew my health was being affected I still went back to smoking. Vaping has given me the nicotine hit that I need to get me through my day. I am vaping more because of the TPD nicotine law. With higher strengths available I could see myself not constantly craving my next hit. Personally I have felt that the 2ml tank size and 10ml bottle size has done nothing to stop myself from vaping. It was a pointless exercise. I buy shortfills and add my nicotine to my desired level depending on what device I am using. A 2ml tank capacity doesn't stop anyone vaping any less it just means they refill more. I know how my health felt before I started vaping and how I feel now is a massive change. I fully understand that there needs to be legislation on vaping but making things harder will just turn people away from trying and giving up cigarettes. I know without a doubt that if vaping wasn't around I'd still be smoking 20-30 a day. I hated the taste of tobacco but still smoked. Flavours in vaping has helped me to stick with it and to not go back to smoking on hard days when the stresses of life get tougher. Vaping is a good thing compared to what smoking has and is doing to people all over the world. I am hearing of corrupt governments allowing the sales of cigarettes to continue but banning vaping because they don't earn enough from it. TPD feels a lot like that I'm afraid. It's pushing people away because it's easier to buy cigarettes than it is to vape at the levels new quitters need. I could literally write all day about this but life still goes on and so will my continued vaping no matter what happens in the future.

- I quit smoking at age 65 after multiple attempts at quitting. I knew smoking was bad for me but I could not quit. I had smoked for 50 years and my respiratory health was very bad. When I discovered e-cigarettes I purchased a starter kit immediately. I took to it straight away and have never looked back. My health improved quickly and dramatically and I no longer have respiratory problems. I am now 77 years of age and love my vaping. You can keep all the nicotine patches, chewing gum etc because they did not work for me. One size does not fit all even though the pharmaceutical companies seem to think so.

- I believe tobacco companies should disclose the full ingredients that are in tobacco related products. Only then can there be any serious discussion on the for's and against's of vaping. I personally believe my health has greatly improved since I have quit smoking.

- Any increase in no smoking products, would send bad signals as to what government was trying to achieve, we all want (I hope) a smoke free world, taxing no smoking devices or liquids would look like money grabbing and the health was a secondary issue
- Laws should be based on scientific facts and sound evidence and not by ignorant opinions, many by those who gain from the big tobacco industry like the USA.
- I think the only thing that needs to change is the size of vape tanks, 2ml tanks change nothing, people just refill more often but do not vape any less. Larger tanks would have people refilling less and possible stop people having to refill a tank whilst driving, which is very dangerous but does happen. A larger capacity tank, like the rest of the world have, would stop this.
- I found vaping to be the best and easiest way to stop smoking completely
- Permettre au fabricants de vendre des liquides nicotinés de plus de 10 millilitres! Cette restriction n'a aucun sens et coûte très cher à l'achat!
- I suffered from heart and lung infections as well as pleurisy when I smoked, in and out of cardiac care, hospital appointments etc. Since I switched to vaping I have not had one chest problem.
- For over 30 years I tried all the other options available to give up smoking, including nicotine patches, gum, therapy etc. all of the other methods eventually failed and I went back to smoking. Then I started vaping and gave up tobacco completely. My doctor says I am now as healthy as a non-smoker. It is the BEST way to stop smoking. I know if I could no longer get the types of e-liquids I use now I would probably go back to smoking. Please keep the price of vaping as low as possible for people on a low income to help them move from smoking to vaping. Many of my friends have also used vaping to give up smoking, half of them have also stopped vaping and smoking completely.
- I smoked for 40years and tried unsuccessfully to quit many times. Vaping helped me quit successfully for more than 7 years. My health has dramatically improved and my finances are much better. I find the lobbying efforts by big pharma and tobacco very disturbing. If we end up with prohibition many people including myself will resort to the black market and create many unfortunate crime situations. I fully support legislation on safe standards for vaping products. Yours David Peters
- Vaping was the only alternative that allowed me to quit smoking cigarettes. It should be promoted to smokers. The current TPD regulations only benefit the tobacco industry and damage the health of current smokers who could benefit from switching to vaping.
- Taxing vape products will only have the effect of reducing the appeal to consumers. It will clearly signal that the focus of the EU is revenue at the expense of population level health gains & confirm to their citizens that they truly are morally bankrupt & beyond redemption.
- It shocks me to see politicians allowing themselves to be lobbied by paid scientists working on behalf of pharmaceutical companies and tobacco companies. Politicians who are lazy are corrupted not just due to their laziness, but due to their easy-going attitude to public health.
- I don't want to smoke tobacco. I only vape, and have done for several years, but only after I restarted smoking (after a prolonged period of abstinence) and worried about the effect of third hand smoke on my child. I am hoping that there won't be much of a price rise due to increased taxation, as I truly believe tobacco smokers should be bearing the brunt of that millstone, due to the high levels of misuse of duty free/ imports to get around proper taxation. If the price becomes too high, I am sure I will stop again, and I won't be a source of tax anyway.
- Diversity and innovation should not be harmed by more uninformed rules (size of bottle and tank are ridiculous as we just buy more bottle and fill the tank more regularly)
- Vaping was the most effective way for my quite smoking and I am winding down to zero nicotine. This has only been possible by the use and fruity and dessert flavoured eliquid.

- If it wasn't for the flavours available I probably would not have quit smoking! They definitely help you to quit.

- Vaping has helped me to reduce my smoking habits considerably. I will be stopping smoking completely and only vaping will help. I have tried other nicotine replacement options and they do not work for me. My partner has the same opinion and we would both like to see FACTS not GOSSIP to aid decisions we make regarding the vaping community.

- I smoked cigarettes for 41 years and only when I started vaping was I able to quit tobacco. Vaping works.

- The EU's TPD regulations on both vape juices and cigarettes has been a huge failure and a massively oppressive exercise over the lives of free citizens. TPD should be immediately repealed

- Vaping for around 10 years plus as of 2020, i have managed to quit a 30 - 40 a day, 30 year smoking habit. Ten years ago, my five-year-old Son tearfully told me he didn't want me to die from smoking and asked if i HAD to smoke...i will never forget how that made me feel, and was determined to change. I tried conventional nicotine replacement, patches, gums, inhalers without the slightest success, and heard about the 'new kid on the block' e-cigarettes (now correctly termed 'Vaping') and decided to try one, which, although technology wise was very immature and just starting out with rough and ready equipment that didn't really perform very well, but i immediately and instinctively knew i could now and forever leave the disgusting and deadly cigarettes alone. Thankfully, the vaping market took off, many millions of people have made a permanent and healthier change to their lives (and that of their families' lives) by switching to vaping. Within around 3 - 6 months, i discovered i have more lung capacity, felt more alert, and was generally healthier, not puffing for air as i climbed a staircase as i did do before while smoking. I sincerely wish vaping was around 30 years earlier for me, if it had been, i doubt i would ever have smoked at all...i just hope i didn't leave it too long to have switched from disgusting smoking to vaping, but even though i'm now in my 50's and getting older, i still feel healthier now than i did ten years ago while smoking...in my opinion, vaping is the best thing to have happened in terms of the increased health and well-being of smokers and those people in our lives, that could have been hoped for. Incidentally, i am now an avid anti-smoker, not even being able to stand the smells of those people smoking even if they are walking on the other side of the street! I try to convert every smoker i speak to, to encourage them to give up filthy smoking and switch to vaping. In my opinion, after experiencing around ten years of vaping and not smoking, any decision to introduce measures which would effectively deter or discourage people from either switching from smoking to vaping or indeed those people who have already successfully made the switch, would be unimaginably short-sighted and would essentially be a major contributory factor in what would inevitably become the ill health and unfortunately, the very probable early deaths of people, many of whom would either choose to return to smoking out of necessity or source equipment or e-liquid from less than trustworthy sources, which could be equally harmful. Please do not create barriers to that which has proven to be a much healthier and preferable option to filthy smoking. Thank you.

- I m vaping since 2007 (neber give up) DIY

-

- Several of the questions are vague e.g. "Would an increase in the price of the product you currently use the most lead you to change your consumption habits?" Product in this sense could mean battery device, tank or rebuildable, eliquid, added nicotine, batteries or other vaping related products. The survey has not mentioned the TPD limit of 2ml capacity for vaping tanks, which is a MAJOR disadvantage in the UK/EU. While it is understood why it exists, it would be better applied solely to "starter" kits or disposable vapes which are so readily available.

- I think that vaping has saved millions of lives and saved the health services millions too. For me personally it has changed my life in so many ways. It is a harm reduction product that has been proven over and over to be far safer than smoking, and as such it's availability should NOT be limited in any way. The current restrictions in place are hideous and a more common sense approach needs to be taken. I

feel regulation of products is a good thing to ensure high quality and safety, but the current limits on bottle and tank sizes of products for example are too restrictive. I feel the restrictions placed on retailers being allowed to advertise also needs to be reviewed as the smoking public need to be able to have access to the facts a lot easier than currently allowed. One final point that I feel is important, the involvement of the tobacco industry has no business being involved in a harm reduction product!

- Vaping is important to improve public health. It should be as cheap as possible to encourage smokers to switch to vaping.

- Having tried many alternatives to try and give up smoking without success I have found vaping was the only way I could stop smoking 100%

- i vape to avoid smoking. i am working on a minimum wage budget and an increase in price on vape liquids and nicotine will just lead to me smoking again

- Vaping changed my life. I have had 3 immediate family members die from smoking related complications. I myself have chronic Asthma and smoking was terrible for me, vaping is a new lease of life and I'm no longer held back by my Asthma. Vaping should be championed and embraced by the governing bodies to save lives. The current variety of choice in devices and e-liquid is paramount to its success. If there was only one style of device and one style of flavour i would still be smoking

- Many people including myself purchase "bubble glass" to increase the capacity of the tank on vape devices. Otherwise the limit is 2ml which is not convenient.

- 10ml bottles cause so much waste and mess.

- The current TPD legislation is directly opposite to improving the environment. Currently the amount of plastic to dispose of because of the 10ml nic e-liquid restriction is frankly ridiculous. Having this rule to safeguard minors etc is also moot given that minors can buy more harmful to health substances in shops. I also find it ridiculous that flavours are discussed as being an encouragement to minors when the market allows flavoured alcoholic drinks everywhere for example. Vaping is nowhere near as harmful as smoking or alcohol for that matter and it seems that the tobacco industry through lobbying is doing and paying to support anti-vaping legislation as witnessed in the USA presently.

- I mix my own juice and make my own coils or use pre built coils

- Vaping has kept me off cigarettes for 18 months with an improvement in my overall breathing and lung health. They need to lift the restrictions on bottle size and mg/ml because it wastes so much plastic.

- Yes , from memory I believe there were three questions where there were no answers which would give an honest reply by clicking on them and the questionnaire did not allow me to continue without so doing. For example one asked where I obtained my e liquid . None of the answers , including 'I prefer not to answer' were true to my situation . In fact I mix my own liquid obtaining ingredients from several sources , none of which were offered as an option .

- I DIY my juice using online sourced non TPD compliant nicotine, and vape on an RDA using a squonk device holding 10ml. The TPD currently has no impact on my vaping whatsoever.

- Vaping was the only thing to get me off cigarettes and I now enjoy it more. I had a brain haemorrhage and was advised to seriously consider to quit smoking

- taxing these products not only has been proved ineffective in helping people quit smoking, has only been proved effective in getting the governments richer and richer while people struggle to make ends meet.

- I do not believe the introduction of tank size restrictions of 2ml and the need to add my own nicotine to shortfills larger than 10ml is in line with harm reduction and I believe these restrictions should be lifted.

- Vaping 100% stopped me smoking and I do not want to start again. I do not like tobacco eliquids and banning flavoured eliquids is pointless. Taxing eliquids to above the price of tobacco will increase people quitting and going back to cigarettes which is bad for everyone. Going back to 30/50/100ml bottles makes so much more sense than 10ml limits. Everyone uses shortfalls anyway so never understood the 10ml rule anyway. If it's banned in Europe we'll just go back to importing again anyway or making our own.

- I was a heavy smoker from age 16 to 62 and tried for about 10 years to quit smoking. I tried all of the methods available without success and then tried vaping on 6th of June 2012. I am happy to say I have NEVER smoked since that day.

- You should have asked if people do/would mix their own liquids and under what circumstances.

- worry about more important things than vaping.. its better than smoking..

- Snus helped me stop smoking witch reduced my risk of lung cancer and my asthma became a lot better

- I cannot see why there should be any valid need or reason to increase taxes on any vape related products. I have read a great deal of the scientific data available on vaping and any truly independent (not influenced by tobacco companies or those seeking to benefit from tobacco taxes amongst others) has shown that it is manifestly safer than smoking. Many many people have an addictive element to their make up and vaping has proven to be THE most effective way for them to stop smoking as it satisfies and replaces the various actions/needs for minimal risk. Please don't destroy the benefits with unnecessary legislation and taxation. By all means tax and legislate cigarettes out of existence, but leave the best, most effective and far less harmful escape route (vaping) available for smokers to exit by.

- Vaping flavours has saved me from 30 years of smoking harm. I couldn't stop smoking when I was vaping tobacco at first. I found blueberry pie and have never looked back. I have not smoked since - 7 years and counting. During the pandemic the online community has saved my sanity as I live alone. They are an extended family to me. The TPD is a good piece of legislation, but the 10ml bottles are a plastic waste nightmare. This has to change. Thanks for the opportunity to comment.

- I don't agree with all of the sweet type flavours but i can assure you that vaping will not lead to somebody starting smoking. I had been a smoker for 25 years but after switching to vaping I now have the lung function of a 21 year old. I would never go back to smoking.

- Vaping is safe! Stop interfering! Just for profit! Aka tax!

- Vaping saves life's

- Vaping has quite simply saved my life. I honestly feel the TPD has only succeeded in creating huge amounts of plastic waste and kept some away from a product that could help them quit smoking as it did me (when switching over from combustible tobacco, 12mg is not always enough).

- Vaping is one of the best inventions ever. It should be encouraged for smokers, made more accessible and cheaper. Wider society should be persuaded to be more acceptable to it.

- As it stands, the TPD makes no sense. For example, I can buy one or more 10ml bottles to leave in my house (where a child might find them) but I can't have a 5ml tank safely in my pocket (limited to 2ml under the TPD). It looks like a committee were told they had to 'do something' so they put some arbitrary limits on the few things they can understand (size limits, nicotine content) and made it law. Banning snus (outside Sweden) makes absolutely no sense at all (especially when other pouched tobacco products are available). I remember well the allegations of corruption surrounding the chief architect of the TPD. It's this kind of thing that makes me sympathize with the Brexit-people (even though I was against Brexit). The size limits and nicotine limits should be thrown out, and real (informed) safety legislation made to replace it (approved ingredients, eg no vitamin E acetate, battery safety, charger safety). Definitely do NOT restrict flavours. The wide variety helps A LOT of smokers get away from cigarettes. Adding a tax makes NO SENSE at all either. Why should a person be punished for making a safer choice?

- Cigarettes kill. They continue to be sold so governments can collect tax and cigarette companies make profit. They should be banned altogether. Nicotine is not addictive, but all the other additives cigarette companies place in cigarettes are. The chief executives of said companies should be charged and tried for mass murder. Vaping saves lives. Have a nice day. Thank you.

- 10ml eliquid limit increased plastic bottle consumption massively, in an era where we are trying to decrease the use of plastics. Also made more people switch to making own diy eliquids. Which in my opinion, in the hands of people who maybe were not full understanding nic % calculations, was way more dangerous if not calculated correctly.

- The restriction to 10ml bottles is a total waste of time on illogical, plus it increases packaging/plastic use which is harmful to the environment The legally required packaging warnings which state 'contains nicotine' on products which actually don't is again farcical and again a waste of ink.

- As someone who works in the vaping industry I have to say that every regulatory body needs to gather more information and realize that vaping is not black and white, not just about bottle sizes and mandated maximum nicotine levels. There is a plethora of devices out there, made for multiple purposes. The ones that are made to feel like smoking and thus help people quit and/or stay off cigarettes need more leeway. They vaporise/consume less liquid, the vapour's temperature is lower, they are more efficient and safer for the end user. They require stronger liquids (higher nicotine content) to tackle the cravings but they provide a similar throat hit and puff to a cigarette and thus a lot more people find them helpful. The high powered (25W and above), multi-battery, multi-coil, colorful, LED illuminated portable fog machines on the other hand use a lot more liquid, 20-50 ml daily consumption is not unheard of. Although most of the users need to decrease the nicotine strength drastically in order to inhale "a lungful" of vapour without coughing, they compensate with quantity. Nicotine is well known and essentially considered an over-the-counter stimulant (lozenges, nicotine patches, nicotine gum, etc.) unlike the flavourings - of which one should not inhale too much because we don't know their long term effects on our lungs. Needless to say the former, low powered, sub-15W devices are way less risky in that regard as well. Another aspect is the vapour temperature: in the high powered devices the heating element needs to evaporate a lot more liquid per puff, hence they need to run substantially hotter. Thermal decomposition is much more of a health factor with these devices, just like battery safety - as you can imagine at high wattages a battery is under a lot more stress. All in all, these aspects need to be taken into consideration as well.

- Having been vaping for 9 years and working in a vape shop for 6,5 years I would say I have more knowledge and experience than most people, and seen more aspects of vaping. I welcomed the idea of regulating the industry, since most people try vaping in the hopes of improving their health and that can only happen with proper quality control, transparency etc. However the way the regulations were imposed left me bitterly disappointed. Tons of areas that did not need to be messed with were over-regulated while actual dangers were ignored. Right now any new e-liquid flavour has to be registered 6 months ahead for no good reason and for a lot of money, but nobody ever checks if the flavour that eventually will be sold is the same as what was submitted. Shortfills can be sold pretty much without any regulation. E-liquid has to be in 10 ml plastic bottles because of the extremely unlikely risk of self-poisoning but the enormous burden that puts on the environment is ignored. Thick glass bottles are very safe AND can be recycled. Plastic bottles won't break but small kids/pets can easily chew through them. Huge warning about the addictive nature of nicotine has to be on everything (even on kits that are sold empty therefore the warning that they DO contain nicotine is a lie, they CAN if they are filled with it), even though everybody knows about that, but no warning about the lesser known facts that nicotine can absorb through the skin or that there is no "antidote" for it is necessary. No real regulations about batteries that have caused a lot more accidents than liquids. No mandatory warnings about the fact that vaping is not recommended for non smokers. Totally arbitrary maximum on nicotine content instead of a tiered warning system. No standardized training for manufacturers, resellers.

- I have tried many methods to quit smoking. Vaping was the only one that was successful and I am now 8 years without smoking a cigarette

- The 2ml tank size mandated in current TPD is RIDICULOUS! it just means having to refill the tank more often, which means handling e-liquids far more often and risking spills (messy but NOT dangerous) - more often than not I just purchase a 5ml tank from overseas/Ebay or from Asia. Most of today's e-cigarettes are constructed very well, and it is not easy for unguarded children to open or swallow large quantities of e-liquid from pod systems or tanks. It is easier to open a bottle of metal polish - and far more dangerous! eating a cigarette would be far easier, more dangerous and accessible. Totally disproportional regulations in relation to the actual risk, which is zero to negligible. And don't get me started on 10ml bottles - they are a despicable addition to plastic waste and totally unnecessary. Legalise Snus - they have the lowest health risks to ANY other nicotine product with over 100 year history of use. See SWEDEN!

- Please leave vaping as it has got to be off cigarettes and that's a good thing my fitness and health has improved dramatically due to vaping I don't want an opportunity to try cigarettes ever again!

- I smoked heavily for 40yrs Vaping helped me quit Saves me money No nicotine stains & smells on me or furniture or clothes It's worked for me

- Repeal the TPD.

- Vaping enabled me to stop smoking. It should not be over-taxed and only regulated in terms of ingredients..

- N/a

- Vaping is one of the biggest breakthroughs in public health in my lifetime. It has the potential to greatly reduce smoking prevalence to a near zero-level if the vaping market is allowed to continue to develop naturally and without impediment from Government or Public Health. I genuinely consider the current TPD regulations to be unwarranted and an impediment to the continued development and success of vaping in reducing smoking prevalence. I strongly disagreed with the current TPD when it was enacted and was highly active in campaigning against its enactment in the first place. Politicians should keep their noses out of areas that they do not understand (and the current TPD regulations CLEARLY shows that EU politicians do not understand vaping) and allow the real experts (the consumers) the opportunity to protect their health.

- There is no mention of DIY e-liquid in this survey

- Vaping improved my health drastically. Personally I feel the TPD regulations are fine as they are however the current plastic waste is terrible, pre-filled pods are thrown on the streets, and I do hear a call for a higher nicotine level. But personally 20mg per ml is plenty

- I am a DIY vaper, making my own e-liquid and coils, which needs to be considered in the questions (and answers!)

- Vaping has helped my health and home - it is one of the greatest things ever invented!

- Vaping saves lives, if you're anti vaping then you must be pro cancer, flavours matter and really help quitting, big tobacco should be told to f off once and for all, Juul should burn in hell, greedy, corrupt politicians need to be put in their place or removed from office, the shameful WHO needs to fall in line with the NHS and big pharma need to GTF. Thank you for your time #vaperslivesmatter #wevapevote #unity

- Vaping saves lives, if you're anti vaping then you must be pro cancer, flavours matter and really help quitting, big tobacco should be told to f off once and for all, Juul should burn in hell, greedy, corrupt politicians need to be put in their place or removed from office, the shameful WHO needs to fall in line with the NHS and big pharma need to GTF. Thank you for your time #vaperslivesmatter #wevapevote #unity

- Flavours and availability of a huge variety are the most important thing to me in terms of staying away from cigarettes. The availability of larger nicotine containing bottles would make it a lot easier to get the nicotine amount I require rather than having to mix it myself from concentrates which carries its own inherent dangers.

- Tassare o rimuovere lo svapo è una pazzia, in Inghilterra pubblicizzano lo svapo per far smettere di fumare. Perché noi non seguiamo l'esempio? Se avete bisogno di soldi aumentate le tasse delle sigarette → così le persone smettono e passano allo svapo!

- I tried multiple times to quit smoking and nothing worked except vaping. My health has improved immensely since switching. It is very important that vaping is available and accessible to adults who wish to reduce the harm associated with combustible tobacco.

- Keep it how it is don't change it vaping is saving lives around the globe. Is the media with false information which is causing harm fake news about vaping please more good information about e cigarette would be welcome. Thank you

- Variety of flavours are vital to me, as tobacco flavours are terrible. Using different flavours help me avoid falling back to cigarettes.

- Vaping is much better than smoking, I know from my own health. Banning or over taxing would be damaging.

- Snus should be sold legally in the EU, it is scientifically proven to be safer than smoking. Adults should have the choice to consume Snus if they wish in their own country. As much as I love visiting Sweden to buy it I should be able to buy it in my own country. It should also not be taxed as if it were cigarettes either, it is safer and should not cost the same as, or more than a packet of cigarettes. The US has approved general Snus as a modified risk product, meaning they accept it is safer than smoking. If more people had access to Snus then smoking rates and, importantly the health of all EU citizens would improve. Look at Sweden's own rates as evidence of this. The benefits of Snus to citizens of the EU are so beneficial, the benefits to the EEA also are great. Please lift the ban on the sale of Snus. This former smoker is thankful for discovering Snus whilst in Sweden and my own health has benefited greatly from switching to Snus. 13 years after quitting smoking with Snus I won't ever look back.

- Vaping made a huge difference to my health but I really struggled to reduce my nicotine intake below 20ml. I currently make a lot of my own e liquid but once my supply of nicotine runs out I expect my ML per day level will go up. Nicotine strength and variety of choice in flavours are so important to staying off tobacco.

- Vaping has saved my life and the lives of multiple family members and has allowed me to provide more of my income to support other businesses in my locality rather than spending extortionate amounts of money on cigarettes. It's a fantastic way to quit smoking and it's suitable for all types of people. I feel incredibly more healthy and perky and my energy levels have increased significantly. Please allow these products to be more readily available. It's crazy to think smoking traditional cigarettes is still completely okay considering how harmful and toxic it is and to bracket vaping in the same area due it being a nicotine product is unjustified and detrimental to the lives of millions. Thank you.

- 2ml sub ohm tanks are absolutely stupid. They should be allowed to hold a minimum of 5ml and a maximum of 10ml. I also think pre mixed e liquids with nicotine make more sense. Some people just don't have a clue on how much nicotine to add to a shortfill. Make it a maximum of 20mg and variety of the size of the bottles. EG: 10ml up to 250ml.

- Vaping has been mainstream long enough to prove the health benefits are vastly better than smoking any restrictions or tax would only cause an increase in illegal and less safe purchases by the public, authorities need to back vaping ie increase public awareness of the benefits and debunk the misleading misinformation spread by some medias

- I was surprised to find that there were no questions related to making your own e-liquid from base ingredients. This is by far the lowest cost way of vaping. It allows precise control in producing your preferred flavours, both simple or complex, to suit your personal taste preferences. It also allows precise control over the nicotine strength of your e-liquids, to achieve a level outside of the narrow range of strengths as provided by store-bought products. It's the way forward!

- None

- Vaping saved my life I was a 30 a day smoker. I have vaped for over 5 years and my health is great

- The most annoying part of the TPD, for me, is the bottle size limit as I'd much rather buy 50/60ml bottles with the correct level of nicotine. Variety of flavours was the main appeal of vaping over smoking once I'd tried it and realized that it could work for me as a smoking cessation tool. I enjoy vaping just as much as I enjoyed tobacco but I have little interest in products which do not involve inhalation of smoke/vapour.

- Previously a heavy smoker for over 20 years. Tried everything to quit, nothing worked, then discovered vaping 10 years ago and was able to quit overnight. Smokers cough and shortness of breath went away in a couple of days after starting vaping. These products save lives and they need to be affordable to remain attractive to smokers. Thanks

- No

- If the prices went up I would probably smoke again as vaping is expensive when you consider I used to use rolling tobacco, we must also include the price of charging the batteries as a cost, the wick, the coils, the juice, the rda's and rta's and the mods. Smoking is cheaper and more harmful, it's absurd!

- I wish the people that don't have a clue about vaping would leave us alone, we know what we are doing, they don't. It was the only thing that worked for me to stop smoking. Over 7 years smoke free now

- Keep up the fight against big pharma and tobacco

- Having tried every form of nicotine replacement therapy ie patches lozenges sprays etc. Going to stop smoking sessions and stop smoking groups and having therapy. I would quit for a few months then get stressed and start smoking again. Six years ago I tried vaping and I have not had a cigarette since. I only vape 3mg e-liquids and my consumption varies between 0ml and 8ml a day I have noticed significant health benefits ie I no longer get breathless I can get an erection again etc. I know there may still be health risks but they are significantly less than smoking 40 plus cigarettes a day. I and many people I know have only successfully given up smoking and stay off cigarettes due to vaping. I do not think that any detrimental changes in the regulation of e-cigarettes should be made other than to make it more difficult for minors accessing vape liquids and equipment. All legislation or massive levels of tax will achieve is opening another massive black market opportunity for organised crime which will benefit no one but the criminal gangs as has been seen with cigarettes, tobacco, and alcohol. I would support better information about e-liquids and vaping products so that people vaping can make a more informed choice and know exactly what is in the products they are buying.

- At the current time, nowhere near enough research is going into the positive effect that vaping (with nicotine) has on the probable effect that vaping has on reducing the effects of covid on the human body (especially the lungs). Many many lives could be saved if more people were vaping instead of smoking. There are many studies and pieces of research on the subject but none of it high level enough to get the word out.

- Because vaping significantly improves health, prices should NOT be increased because this may encourage those who have quit smoking to return to cigarettes. 10 ml bottles are stupid as they dramatically increase plastic waste. 2 ml Tank capacity is also pathetic as anyone who vapes heavily will be continually having to refill their device and may leave open bottles of e-liquid unsecured. I only ever import my Tanks and will never buy in the EU/UK. I have over 300 Tanks and 350 vaping 'mods', 95% I personally imported. I can also produce my own e-liquid. Those who want to quit smoking need flavours other than tobacco! Flavours have kept me away from cigarettes for almost 6 years.

- I make my own e-liquids (diy) and there was no reference to this in the survey.

- I smoked 75-85 stinkies /day...only vaping worked to get me off of tobacco. The rest of the NRT's did not work (they are designed to keep you trying, not made to get you to QUIT!!!)

- Vaping has helped changed my life.
- Everything with regards to vaping works fine, NO NEED TO CHANGE
- Some questions ignore the fact that some vapers make their own eliquid.
- The TPD as it currently stands is a waste of time it hinders heavy smokers attempts at quitting as nicotine Eliquid may not be available in a strength of eliquid they may require while i understand there needs to be some limits on nicotine levels available i do think that 20mg maximum is not effective for about 30% of the smoker population. I am also conscious of the amount of plastic waste facilitated by the current limits on bottle size containing nicotine there is a lot more wasted plastic in 6 10ml bottles compared to one 60ml bottle not to mention the reasoning behind bottle size limits is tenuous at best. As an employee in an Ecigarrette store I see the day to day struggles of the average vaper in my area an am aware of the impact these restrictions i stated have on peoples ability to access much safer nicotine products as shown by studies under taken by the Royal college of physician's ecigarrettes have been shown to be the single most effective nicotine replacement therapy available to the public so why limit peoples access to these potentially live changing and save products with silly and unnecessarily tight restrictions
- I smoked on average a pack a day for 30 years before finding vaping, having tried multiple NRT products including champix with no success. Quitting with vaping was surprisingly easy, my health has improved beyond measure, I breathe much easier, my senses of taste/smell have improved. Flavours played a huge role in breaking & continuing being smoke free.
- I tried many ways to stop smoking. Tablets,patches gum etc but when I tried vaping it worked within days. I haven't had a cigarette or wanted one since then. I smoked for 28 years and stopped because of vaping and I have been smoke free for 4 years now. Vaping has totally changed my life for the good and I now help others do the same. I would also like to add that the 2ml tank capacity the TPD limits us to needs addressing. It can make things very difficult when going out or to work etc as you then also need to carry a juice bottle with you everywhere. Filling a tank/pod can be a bit messy and not convenient when not sat at home with everything you need to hand. Smaller tank capacity does not reduce consumption. If anything it may stop some smokers making the switch because they couldn't be bothered with the hassle and carrying paper towels,the device,charger and cable plus a bottle of juice. Especially for tanks and using low levels of nicotine. 3mg in a tank I would need to carry 3 10ml bottles or more or 1 large bottle. If you smoke you only need a pack of cigarettes and a lighter and no mess. 2ml tanks/pods are a pain so people generally buy larger capacity tanks from China and not from their usual shop as the shops are not permitted due to the TPD.
- Vaping has been the breakthrough in tobacco harm reduction the world has been waiting for and the benefits of switching to vaping are numerous, more is needed in the way of advertising to promote these benefits
- Not that I can think of right now
- Vaping got me off of a heavy smoking habit. With out flavours i could not of done it. Since stopping (i am Diabetic) my blood pressure levels have become excellent and my cardio conditioning has improved considerably. I do however wish i could buy 50ml, 100ml, 240ml and bigger bottles pre mixed with a 3mg and 1.5mh nicotine level. Having to add the nicotine myself is a hassle and pointless
- UK & US Vape hardware and e-liquid manufacturers were and are ahead of nicotine / vaping regulations bought in by self-regulation, rather than via TPD & FDA regulations. The government imposed regulations, in my view, potentially are there to counteract decades of "traditional smoking" revenue, rather than the good of the people. The UK at present, I am proud to say, is by far acting more for peoples health, when compared to other EU Countries and in a completely different league when compared to the US! I am perfectly happy with the current UK position on vaping - PLEASE DO NOT LET THIS CHANGE!
- Still struggling to give up cigarettes, but vaping has greatly reduced my use.

- the entirety of the TPD was poorly formulated and largely ignored legitimate European research into alternatives to nicotine replacement therapy developed by pharmaceutical companies.

- No

- The tanks should be made bigger on vaping devices

- Vaping has helped so many to get off the cancer sticks to something less harmful, any changes should be supporting this change not making it harder to do so.

- Vaping changed my health completely, don't make it more difficult.

- Regulations for the safety and quality of e liquid are welcome. Regulations restricting flavours (as long as they are medically safe) will stop some people from vaping. Increasing the price will stop some people vaping. The 20mg limits - pushed up the price of base nicotine for me, that increased the price of vaping. The 10ml max bottle size again did nothing useful, increased the price, the increase in tiny bottle use is environmentally disgraceful. More people die if anything increases the price or restricts choice as sooner people will go back to smoking.

- Vaping is stress relieving for me. It allows me to benefit from the effects of nicotine without inhaling thick smoke and tar from cigarettes. I do it purely to relieve stress so I don't do it often. Only when I have deadlines to complete or a high stress environment. If I didn't vape. I would likely consume more alcohol.

- Vaping has saved my life. I was on 20 a day felt awful and ill..started vaping and I feel like a new person..I am proof that vaping can save lives...as I have never felt so good and energetic.

- Harm reduction must go across all plant matter smoking. I believe it was herb replacement tobacco that did considerable self damage (COPD). Therefore all plant matters including cannabis vaping both THC and CBD must be included in harm reduction. People use a lot of this herb medicinally

- Imagine being such a useless human that you need to exploit people buying nicotine to obtain money, taxing things like nicotine under the guise of it being good for anyone other than governments that are awful with money is pathetic.

- No

- Governments, especially the EU, would do well to resist and expel undue influence from "fringe" prohibitionist and absolutist groups, paid lobbying etc. Too much of politics is about greed and opinion when it should be about people and truth. Nicotine is not the problem. It's smoke and the idiots that encourage it

- The TPD need to lift the nicotine strength and size ban in the UK.

- Leave the EU and return to previous UK regulations, and of course, Sovereignty!

- No

- I'm already sick of EU interference.

- Formerly a heavy smoker 30 or so a day. I tried all sorts of ways to stop including hypnosis, patches, gum etc. No method met with any real success. Only when I discovered Vaping did I manage a quit situation. I took to vaping and have never tried a single cigarette. Now over 2 and a half years. Were vaping to be taken away or made expensive, I could be tempted back to cigarettes. The thing with vaping is the hand use, the action of vaping together with a small nicotine hit. Combined it is a very affective alternative to smoking cigarettes.

- I find the current ban on 2ml tanks to be pointless and frustrating. The end result means you top up liquid more often it does not deter you from vaping less.

- The labelling of all vaping products with the warning that they contain nicotine is ridiculous. How can a mod or a battery contain nicotine? It makes the labelling worthless and ineffectual.

- No

- The TPD rule that is in effect has reduced the cost of eliquid and if the rule were to change I would like to see the liquids stay the same price, also to have better and safer starter kits for people to quit as well as staff in supermarkets to be better educated in the eliquid they sell as in my experience they have very little to no understanding of devices or eliquids that they sell at the tobacco counter.

- Leave vaping alone. It saves lives and is largely self regulating.

- I tried other forms of pharmaceutical quit smoking aids before vaping and none of them worked for me, vaping did. The fact that I can now get my nicotine in flavours that I like, has developed a distaste for tobacco flavour. I would rather go back to smoking than Vape tobacco flavour. If a levy was placed on vaping I would find a way to either buy unregulated cheaper liquid or make my own, I strongly disagree that a levy should be placed on a much safer, currently well regulated consumer product.

- I used to smoke and did so from the age of 11 to 53. Having suffered a heart attack and being strongly advised by doctors to quit, I switched to vaping, and I believe that doing this has saved my life.

- Simply put, vaping has been a life-changing experience for me. My health has improved significantly (as has my wealth) and I've seen the same results from my friends and colleagues who've made the switch from smoking. In fact everyone I know who used to smoke has switched - and some have gone on to quit vaping too, I feel so very strongly that it's such a positive major change in the way nicotine may be consumed that I refuse to co-operate with those who seek to diminish its availability and efficacy through spurious legislation and taxation. There are plenty of reputable suppliers out there who are resourceful and adaptable - and unless any regulations are sensible, proportional and recognise the huge benefit of reduced-harm nicotine consumption, I will continue to source products from 'unofficial sources'.

- I wish I never started vaping as can't get off it and would prefer advise how to quit that. It's not good putting things onto your lungs.

- Vaping is truly a health benefit to any current smoker, I previously tried using patches, gum and even herbal cigarettes to try and quit but it never worked for me but honestly the first pull on a vape back in 2013 changed everything and I immediately brought a kit and threw my cigarettes in the bin of the vape shop and have never touched one since. I feel my addiction was more for the act of smoking then even the nicotine as I only vape low nic and it's all I need.

- Vaping is saving my life.

- I found vaping to be very effective to help me quit smoking and it has kept me off cigarettes for 3 years now. From when I quit smoking and started vaping the high nicotine level in 10ml bottles of salt nic eliquid helped me come through nicotine withdrawals and over time I was able to reduce the amount of nicotine I consumed overall. I've gone from vaping on 28mg(2.8%) to 3mg(0.3%) now. I've noticed my health improve drastically over the 3 years been smoke free thanks to vaping. Increasing taxes on vaping products may limit its availability to those looking to quit smoking cause the initial start up for vaping can be expensive but over time it works out cheaper than smoking. I've never heard of snus until doing this survey. The more avenues to quit smoking the better because the vaping, nicotine gum, patches or throat spray might not be for everyone.

- I smoked for 30+ years, I tried to quit numerous times using all the "quitting" aids (patches, gum, Champix and hypnotherapy). I have not looked back after taking up vaping, it is the only thing that has kept me off cigarettes. My views on the TPD is mainly 2ML tanks are not the best idea as you still consume the same amount albeit filling up more. My other gripe is about the amount of plastic waste due to the shortfill / nicshot system, allowing higher nicotine to help mixing your own liquid, allow lower nicotine levels 3 and 6Mg into shortfills 50-250ML and 9mg and higher into smaller bottles 30ml as these are mainly MTL vaping

- I smoked 20-30 cigarettes a day for 26 years. I tried patches, gums and spays none of which worked for me. The only method that worked for me was vaping and flavoured e-liquids. My health has improved significantly since I switched to vaping.

- The 10ml bottle limit is not well thought through, On the green side I personally would have to throw away three of these away a day. The short fill is a way around this but it means when I first buy my "nic shots" I have around 20 to 40 ten ml bottles of 18mg in my house, which could be easily avoided going back to the old system, and as a informed adult I know if my child starts to drink say a 12 mg 60ml bottle of juice there going to throw it up before they get the "lethal dose". On a side note the 2ml tank capacity doesn't change anything from a 6ml capacity tank in safety terms its just irritating to keep filling up!
Cheers G

- The tpd is stupid. It seems like it is favouring tobacco companies. I also believe it lead some people to vote for the UK to leave the European Union. Utterly ridiculous of the EU to want to prevent people accessing vapour products instead causing more people to smoke. It made Brussels look exactly like people like Nigel Farage said it was. Undemocratic and acting against the best interests of EU citizens. A massive mistake by the EU

- Vaping is saving millions of life's globally and saving millions of pounds for individuals. Vaping saved my life, saved me thousands of pounds and improved my health by an order of magnitude. In the UK our NHS is seeing far less tobacco related health issues saving millions of pounds in treatment and medication costs.

- My profession limits me to stop smoking, I'm a chef and gum, patches and nebuliser doesn't work.vaping has been a life line that's allowed me to stop smoking and I feel amazing for it. I make sure I order e liquid from reputable companies. Make sure my batteries are safe every time I charge them.i feel like vaping is being demonised when it is the most effective way to stop smoking and with the royal collage of physicians in the UK with its report that it's 95 to 97% safer than a cigarette it's about time the EU gets behind this and support the vaping industry.im tired with the excuses of young ones getting hooked on them or trying to blame disease's on vaping.you want to stop the young ones then tackle the shop or online vendor that sells it to them. Vaping doesn't cause cancer, smoking does and with stricter measures you are going to force people back to cigarettes.

- Anything but the rescinding of punitive restrictions, taxation and overregulation towards THR based on widespread unscientific exaggerations of harm, will lead to two things: increases in deadly combustible tobacco smoking and uncontrolled illicit market sales.

- Vaping has helped me to stop smoking.

- Have been asthmatic since childhood. Vaping has allowed me to stop using medication.

- I have smoked for years, and its still difficult giving up, but I wouldnt be down to 4 cigarettes a day avg without vaping. The flavours are needed to help move away from the tobacco habit. Yesterday I only had one cigarette! The thought of loosing this nrt worries me, and makes me consider smoking again.

- I believe vaping saved my life by enabling me to give up tobacco, and flavours are very important

- The reduction to 10ml bottles by TPD is a joke, you can still buy the same amount of liquid but with increased plastic waste. The reduction of device capacity to 2ml means I have to fill up more often, there is no point in that? It is beneficial to helping people quit smoking, the NHS in the UK are behind it. It is more effective than patches, nicotine is better and more effective than patches when absorbed through vaping. and is 95% less harmful than cigarettes (Public Health England 2015). TPD was influential on me voting to leave the EU.

- I set up my Vape business (EcigSwag Ltd) 7 years ago so I feel my opinion is valid. Whilst I applauded most of the TPD restrictions (i.e. Testing/Registration of e-liquids and reducing the maximum strength of e-liquids to 20mg) I vehemently believe that the reduction of bottle size to 10ml was a very stupid decision.

The amount of plastic waste is phenomenal. Also, the reduction of tank capacity to 2ml is just petty and spiteful.

- Increase vaping age to 21 in UK Increase nicotine bottle sizes to save on plastic waste. Large fine or ban on stores or web sites selling vaping products to minors. Limit max level of 20mg of nicotine in vape e-liquids

- no

- Leave vaping alone and continue with the same rules. They are fine and vaping certainly helps more than other NRT products to quit smoking

- Vaping is not 100% safe, but it is safer than smoking tobacco. TPD should not include vape related products as 2ml tank size means people carry e-juice in plastic bottles (to refill) and the bottles split and e-juice spills. Limited bottles of 10ml that contain nicotine just leads to a plastic waste mountain - what were the ill informed politicians thinking the TPD is probably the worst thought out legislation ever dreamt up. Next time the politicians should listen to informed advisers and understand the data regarding vape related activities.

- Vaping saved my life..

- Vaping is far less harmful than smoking, sure it is cheaper than smoking and not taxed as much but in the long run I would be saving the government future medical costs from smoking on my health

- The community have a chance to correct the issues that it implemented in previous TPD regulations that made little or no sense, tank size restrictions... only meant people had to refill more often, 10ml bottle size for nicotine containing liquids... only meant a massive increase in plastic waste and increased cost for both suppliers and end users... maximum nicotine strength.... 20ml is often not sufficient for heavy smokers but in continued use users will reduce nicotine content. Hopefully the new regulations will fix the many flaws of previous versions and we will continue to see thousands of lives saved throughout Europe with the use of alternative to the death sentence of smoking.

- I think the 2ml restrictions on tanks is pointless and just makes it more inconvenient. I think some people would benefit from slightly higher nicotine but not sure it would be necessary to make this higher. I think nicotine should be aloud in bigger bottles as this reduces waste massively and deters people from acquiring higher mg nicotine bases. E.g 72mg, 100mg.

- Without vaping I would still smoke cigarettes which would no doubt kill me. In effect vaping has saved my life.

- I've been vaping for 9 years. The only reason I quit smoking is because of vaping after trying other alternatives. Vaping saves lives (period)!!

- Vaping made it possible for me to quit smoking after 30 years. Vaping has had only positive effects on my health and general well-being over the last 7 years. Flavoured liquid made the transition a much easier process.

- The TDP has had a negative effect on helping people give up smoking, increased plastic waste and created a market of illegal sources which has led to harm & even death.

- Vaping, I feel has saved my life and in all honesty, I prefer it to smoking cigarettes. I do not want to return to the habit and I just wish governments would mind there own business when it comes to my health because all they are interested in, is the bottom line as they are merely corporations pretending to be concerned about our well being.

- Vaping for nearly 7 years has changed my life for the better I feel and am physically healthier I have a better mental health And I'm saving money All this is because of vaping and FLAVOURED!!!!!! Eliquid!

- With vaping being significantly safer than combustible tobacco products I can only assume that there is one ultimate goal of governments who ban vaping, the guarantee that it's citizens will continue to smoke at whatever cost and die early so reducing the cost of pensions. Cigarettes are legalised murder by every government on this earth that allows them to be sold. Your tax revenues from combustible tobacco speak the truth.

- I don't understand why a product (vaping) which is endorsed by healthcare professionals and scientists which is hundreds if not thousands times safer than smoking is still vilified/banned and more strictly regulated than tobacco. It leads me to believe that governments are corrupt and taking bribes from "big tobacco" I understand the need for regulation, but it is literally easier for me to go out and buy a pack of cigarettes which is full of poisons than it is to get a decent amount of juice to vape.

- Vaping has stopped me from having a cigarette for over 2 years. If vaping became more expensive or harder to buy I would no doubt return to smoking. People should have the option to use vaping to keep them from smoking and importantly should be able to choose what flavours they would like to consume. Protecting children from starting to vape is important but they drink and smoke even though it is illegal for them to do so. Impacting an adults ability to vape just to "stop" children from vaping is a fools errand. A child will vape, smoke or drink regardless of illegality. They will find a way. Improved education and awareness of vaping as a smoking cessation tool is vital to reduce the amount of smokers, giving them the facts and dispelling the myths is needed to grant an individual the knowledge to make informed decisions whether or not vaping is right for them. It worked for me. I tried patches, stopping completely, gum and meditation. Nothing else worked for me. I have given up drinking, drugs and anti-depressants. Nicotine is the only habit I have found impossible to give up. Vaping allows me to continue to ingest nicotine with a much reduced risk comparable to smoking. I know it is not 100% risk free but it is 95% less harmful than smoking and has helped improve my life. I can breath easier, I spend less money and I'm less stressed. I also know because of vaping I will be less of a burden on my country's health system in the coming years. It is my choice as an individual to make an informed decision on whether or not I should vape and what flavours I vape. Banning it, reducing the amount of flavours or making it harder to purchase only benefits the tobacco industry.

- Higher than 20mg strength helped many quit when I did in 2014 . I DIY most of my liquid and higher concentrations are much more economical and environmentally friendly. 2ml tank capacity is very inconvenient in most cases requiring frequent often messy refills and serves no purpose.

- without vaping I'd not have given up smoking so easily. adding a tax to stop or discourage people is just daft.

- Vaping by far is the best way to stop smoking. You still the hand to mouth habit and the social side when you had to go outside for a cigarette, but are not inhaling all the harmful chemicals that are in cigarettes.

- No

- Vaping and its availability is only thing that got me off tobacco and improved my health loads

- Vaping is no a tobacco product

- I've not smoked in over 5 years. Before vaping I was on 100 a day.

- 10ml bottles of nicotine should be a thing of the past. Bigger glass bottles are better for the environment.

- vaping saved my life

- The current TPD does not cater to sensible middle aged men (the majority of vapers)

- 2ml Tanks are also ridiculous that needs to change.

- Tobacco smoking had been a daily activity since 15 yrs old, a habit picked up during exams due to possible stress. This continued until my 30's. When I decided to try a vaping device to quit combustible

tobacco it was an immediate change of direction. I have not touched or even attempted to smoke tobacco since transitioning. It was a short 3 week switch and I have continued to stay combustible tobacco free. This was done by myself with limited support other than the community. No talk with any of my healthcare professionals had any effect in persuading me to quit. Vaping did though. The availability through adult only stores to a wide choice of devices, flavours and associated equipment made the switch permanent and sustainable. I have reduced my nicotine % usage considerably and am now using less than 1mg/ml (the survey did not allow this option) Typically 0.5mg/ml (and 0mg/ml on occasion) An increase in taxes of any kind to vaping would negatively impact my ability to continue to abstain from combustible tobacco products and I fear returning to it is a high probability. The lower cost (vaping is not as cheap as some would think, certainly out of reach of very low incomes) relative to combustible tobacco. My intention to begin my journey away from combustible tobacco with the use of a vaping device has changed my life. I do not believe I would be smoke free if vaping was not available in its current form at that time. My intention is to continue a smoke free life and hopefully maintain a low nicotine vaping routine. Flavours are absolutely vital to this journey. They are what helped me quit smoking. They are what keeps me away from tobacco and again, flavours are vital. Fruits such as mango, papaya, pineapple, starfruit, guanabana, jackfruit, passionfruit, orange, cherry, lemon, lime, strawberry, guava, grapefruit, grape, banana, kiwi, blueberry, blackberry, raspberry, apple, kumquat, lychee, cranberry, pomegranate and many more are essential. Tobacco and mint are my least used flavours by far and I do not see myself being able to use them on a daily basis. In closing I would like to clarify that I feel vaping has saved my life or at least given me a fighting chance. As a type 1 diabetic who previously smoked I was in a perilous situation. Now I feel hopeful of a brighter future. Smoke free, healthier than ever and my Dr's are happy with my progress and my stats are good. The continued access to a wide and varied range of vaping products free from taxes (other than standard Vat) will have a hugely negative impact on my positive journey with vaping and my ability to stay away from combustible tobacco. Please consider the many reports and studies that by far point to the positively life changing effect vaping has and continues to make for vapers across the European community including the UK. Yes, we may be leaving the eu but still love the people and cultures of the eu. At all costs please double check that studies being presented to the committees are reviewed and make sure they are not studies that have been debunked and/or retracted previously. Flavours (full range) are essential. Lower cost products are justifiably essential. Vaping is the number one method to reduce/stop people from smoking short/long term. EVALI was caused by illegal THC cartridges from the cannabis black MARKET which contained VIT E Oil. NOT VAPING

- No

- Just leave vaping alone, don't send people back to cigarettes. I understand the need to reduce bathtub homebrew and black market liquids being sold, but to restrict a tank to 2ml or bottles containing nicotine to 10ml is just ridiculous, not cost effective or environmentally friendly.

- No

- It puzzles me to understand why an attack on vaping is helping anyone especially if the American approach is taken and flavours were attacked and potentially taken off the market in my experience I didn't want anything that tasted like tobacco when trying to move away from cigarettes also I still don't understand why vaping is included in the tpd.

- There should be a clear definition of the difference between vaping and electronic cigarette devices which use e liquid and other forms of nicotine related liquids with the electronic devices that use traditional tobacco products like heat not burn. If the device uses traditional tobacco it should be policed that way compared to e liquid. I would not mind a small tax like 10% on e liquids but putting a tax on the hardware or hardware bundle (device and pods) it may become inaccessible for some people who are new to baling looking to quit smoking.

- Vaping is the only method that got me off cigarettes. 2ml limit on tank sizes are draconian and unnecessary as I just refill the tank more often on a daily basis.

- Vaping worked for me and my health has improved compared to when I was smoking.

- Stop plastic waste with the shortfill adding nicotine situation and do not try to ban flavours or vaping as it will definitely create a black market for these products which from what we have seen in other countries can be disastrous.

- Vaping has changed my life as it has for many people. I believe it should be helped to grow in a safe and sustainable way.

- If taxes and flavor bans come into place you will be returning people to smoking which is a far greater risk factor to health which will put more pressure on health care systems!

- I was an asthma sufferer quite some time ago, walking long distances, walking up hills, doing any exercise, I struggled, it was worst during winter and summer periods, I used preventer and reliever inhalers for it. Since I started vaping, my health has been much improved, better lung capacity, heart rate, I can walk further distances and up hills without stopping and catching my breath, exercise longer, winter and summer periods are much more easier and I don't have to use inhalers any longer. I have a regular health check, and even my doctor is impressed with my health.

- Thanks to vaping I'm alive.... I'm all for regulation but sensible regulation

- Many people switch to making their own liquid because of a multitude of product restrictions that have been imposed in various countries. Vaping has been given a very mixed press over the years which has lead to many falsehoods being believed by the readers. It should be accepted for the good it does and the many lives it saves from enabling people to become free from smoking.

- Leave us adults alone to make our own responsible decisions and choices.

- i had tried to quit smoking many times over the years but it was vaping that worked to keep me from smoking. Without vaping i would still be smoking and it has also helped so many of my friends to quit and stay quit from smoking.

- Any increase in price would be very detrimental to the vaping industry. We already have a bad reputation due to misinformation and this misinformation drives people back to smoking and prevents people from taking up a potentially life saving product. Also, the tank size limit (currently at 2ml) is completely pointless when in countries where vaping is legal, tank sizes over 2ml are perfectly acceptable

- Don't tax harm reduction (vaping). That would be criminal. Taxing "Heat Not Burn" products would be fine as they reduce harm by only 50% (ish), where as vaping is AT LEAST 95% LESS HARMFUL THAN SMOKING.

- Vaping has allowed me to quit smoking. I have been smoking for 30 years and have not smoked for 13 months. My health has improved, my fitness has improved and believe switching to vaping may have increased my chances of living longer and a better quality of life. I had smoked all my life and will always be a smoker. Without vaping it would be difficult to not go back to smoking. I have tried many products (patches, gum etc) and they do not work for me. Vaping products are the only products that stopped me smoking and eventually will help me to stop the nicotine as well.

- 1. Warnings stating that "This product contains nicotine" on products which do not contain nicotine make no sense. 2. Restricting or banning flavours would reduce the availability of harm reduction options for people who would wish to use vaping for smoking cessation. It would also send people to grey or black markets which would be a health disaster. 3. Once a person has quit smoking by switching to vaping, their sense of taste recovers shortly afterwards. After this period of time, tobacco flavoured vapour products taste disgusting. 4. Tobacco "flavour" vapour products still use flavour additives. Restricting flavours to tobacco flavours would be counter-productive. 5. Applying an additional special tax for harm reduction products seems obscene. 6. It is becoming time to progress towards a combusted-tobacco free world. Legislation for tobacco harm reduction products should bear this in mind. Good policy making would include a maximum nicotine concentration, and maintain the safety of ingredients and hardware. Bad policy making would include a 2ml tank restriction, a 10ml refill restriction, additional taxation and flavour

restrictions. 7. To enable progression towards a combusted-tobacco free society, is it not time to declare that nicotine vapour products are NOT a tobacco product. Instead make a new category for a tobacco harm reduction product with sensible legislation

- No

- vaping saved my life i was given 5 years to live because of the sale of illegal tobacco in the uk.that was 3 years ago my lungs have improved 90% since i started vapeing.you can help.

- I think that snuff has been equally important as vaping to me in quitting smoking. I find it has more of a positive effect on my desire to smoke. I take nasal snuff tobacco every day as it is effective and discreet and polite in company who do not enjoy vaping. Snuff is also a very traditional British industry we should support and promote as a less harmful smoking alternative.

- Has consideration been given to promoting use of vapourless e-liquids? Why are these not the norm?

- I was a smoker from the age of 14 until the age of 45. I had tried many ways to quit smoking including nicotine gum and patches. Vaping has been the only way that I have been able to regulate my nicotine intake sufficiently to be able to lower it as time progressed. I still use nicotine in my vape liquid, but I halve halved the nic. level and also reduced the overall consumption over the past few years. This after many attempts to reduce cigarette use over the previous years, without success. I have found most definite health benefits from stopping smoking. I no longer have the persistent cough of a smoker, I can exercise more often and for longer. I sleep better and my weight is unchanged. My annual bad cough and cold is non existent. My Dentist has told me that my oral health has greatly improved.

- The questionnaire was very fitting. You should most certainly aim to provide more public awareness of the industry and the products available, removing certain prohibits and relaxing the advertising laws. Each state authority should invest into research on human cells to validate the already known benefits of ecigs in contrast with traditional cigarettes. I have been vaping and working within the industry for over 9 years, and it would be good to see a harmonised approach between all areas. I have yearly check ups (a sort of MOT on my body) and every year i am seeing noteable positive increases in my health, well-being and mental capacity. Big Tobacco giants should ease up on trying to control and mitigate the authorities in certain countries, for the sake of PROFIT, and take it that e-cigarettes and other products of similar stature are the now, and the FUTURE.

- Vaping is not smoking. It tastes nothing like cigarette smoke. Tobacco flavour tastes nothing like tobacco and is generally foul. Without flavours, I would still be smoking. it really is that simple. Flavours save lives. When I stopped smoking for vaping I could TASTE again, everything, including the flavours In my vape, can't you see what a huge part flavours play in making vaping more attractive to smokers than cigarettes? The flavours must be there, or why bother switching.

- I work in a vape shop and the current TPD regulations hinder and do not help people who are trying to quit traditional tobacco cigarettes. The amount of plastic waste has more than doubled because now with the shortfill system most customers purchase 3 bottles one of e-liquid and 2 10ml nic shots for a 120ml shortfill bottle. So instead of 1 bottle they now have 3 so plastic waste has more than doubled.

- Yes, I have no idea why the TPD has included Vape Products, there is NO Tobacco in vape and whoever came up with the ridiculous 10ml bottle idea needs to be fired and never allowed to have a job again. I find it repulsive seeing the amount of plastic waste that has been generated by this stupid EU regulation that everybody has to follow. As I have said both myself and ALL my colleagues would go to black market products. We have a marvous opportunity to eradicate smoking cigarettes once and for all, yet all we hear is how it is a gateway effect for the youth. Well, let me tell you it would not bother me if any of my children came home with a vape yet I would go mental if they did the same with a cigarette. Even somebody with limited intelligence can see how vape is nothing like smoking, I think you really need to follow the \$\$\$\$\$\$ to see why all this rubbish legislation has been put into place. I know that in the UK there are over 70,000 people per year die from smoking, yet since vape was invented over 10 years ago

NOBODY has died from vaping quality nicotine vape products. All the deaths that have happened in the USA were people smoking bootleg THC, yet the blame is laid at the door of regular vape. To give you an example of how this really is, imagine if somebody died of a heroin overdose, would you blame the heroin or the syringe? Well all these deaths with THC vape would be like blaming the syringe. Open up this market with sensible regulation if necessary, (although before regulation came in the industry was doing just fine on it's own before the EU poked it's nose in with these draconian regulations) and allow the market to flourish, get rid of the cigarettes along with the scare mongering that has been generated by Big Pharma. Remember where all the lobbying comes from \$\$\$\$\$\$\$\$\$

- No

- I have been a smoker for 50 years and only vaping has given me the means to quit. Absolute life saver.

- Smoking kills people both smokers and non smokers. Vaping is genuinely helping people quit smoking. Instead of focusing on banning or taxing things that help people like vaping, maybe consider supporting an industry that is saving lives and cutting your ties with the one that kills thousands of your citizens.