

Hello,

My name is Gayla Clarno. I am a 55 year old American Adult, who quit combustible cigarettes as a direct result of flavored nicotine products and vaping. It's been 1 year now - I am 100% cigarette and tobacco free. I no longer have a smokers cough and my lungs per X-ray have returned to that of a non-smoker. My oxygen levels have returned to normal. So has my blood pressure. My doctor is very pleased and so am I.

My first and only experience with vaping started when I went to a locally owned vapor store, purchased an open tank system, NOT an e-cigarette. I do not purchase my products from convenience stores - Only my local specialty vape store. Owned by every day Americans, not Big Tobacco.

The technology of the open tank systems was explained in detail regarding use and safety. It allows ME to control the amount of nicotine I use. Flavored nicotine is key! Since beginning to vape 1 year ago, I have NOT had a combustible cigarette since. I put them down the same day I began vaping. Again, flavors OTHER than tobacco ARE key. They've allowed me to dissociate any desire for cigarettes. The smell and taste of tobacco are horrific, not to mention the 7,000 cancer causing agents they contain. I will not return to cigarettes or tobacco flavor.

After having a 30+ year cigarette habit, and trying every smoking cessation product with NO success, but rather very harmful side effects, I was out of safer options. Cold turkey and counseling does not work either. Vaping saved my life! An industry separate and apart from Big Tobacco, started and owned by Americans just like me. Harm reduction products that really work. It allowed me to rid my body of the cancer causing toxins in cigarettes. That is a good thing! I no longer have any association with tobacco or desire for the smell and taste. That's because of NON tobacco flavors.

I implore you to protect ADULTS rights to vape flavored nicotine, free of carcinogens and the poisons of combustible tobacco. I was a generation that big tobacco targeted long ago. I have no desire to see another generation lied to or targeted by Big Tobacco. Banning flavors and safer alternatives for adults, will create a black market, DIY or adults returning to cancer sticks. Please don't ban flavors and safer alternatives for adults. I deserve to be cigarette free, cancer free, and eventually nicotine free.

Thank you for your time and regard for this issue. I vape I vote.

Sincerely,

An American Adult for safer alternatives to cigarettes/tobacco.