



ALFALIQUID

L'excellence de la vape

NEW VAPERS

ALFALIQUID ACCOMPANIES YOU



English
version

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1. I DEFINE MY PROFILE

MOTIVATION TEST

A questionnaire to test your motivation to stop smoking.

a. In six months' time :

- I'll still be smoking just as much (0 points)
- I'll have cut my cigarette consumption by 50% (1 point)
- I'll have cut my cigarette consumption by 70% (2 points)
- I'll have stopped smoking altogether (3 points)

b. My physical shape :

- I feel in good physical shape (0 points)
- I feel exhausted (1 point)
- I get out of breath when I make any physical effort (2 points)
- I have health problems (teeth, lungs, heart), it's time to stop smoking (3 points)

c. I'm aware of smelling tobacco.

- Yes (1 point)
- No (0 points)

d. I feel bad about imposing the smell on people around me.

- Yes (1 point)
- No (0 points)

e. I need to save money.

- Yes (1 point)
- No (0 points)

f. People around me are supporting me.

- Yes (1 point)
- No (0 points)

g. I'm pregnant / My partner is pregnant.

- Yes (1 point)
- No (0 points)

Add up all your points :

DEPENDENCY TEST

This test is to quantify your level of dependency on tobacco. Depending on your answers, you will have a score of 0 to 11 points.

a. I smoke my first cigarette of the day.

- Within 5 minutes after waking up (3 points)
- Between 6 and 30 minutes (2 points)
- Between 31 and 60 minutes (1 point)
- More than an hour after waking up (0 points)

b. I find it hard not smoking in places where smoking isn't allowed.

- Yes (1 point)
- No (0 points)

c. I smoke within an hour after waking up in the morning.

- Yes (1 point)
- No (0 points)

d. Per day, I smoke :

- Up to 10 cigarettes (1 point)
- 11 to 20 cigarettes (2 points)
- 21 to 30 cigarettes (3 points)
- 31 or more cigarettes (4 points)

e. I need to smoke when I feel stressed.

- Yes (1 point)
- No (0 points)

f. I smoke when I'm ill and have to stay in bed nearly all day ?

- Yes (1 point)
- No (0 points)

Add up all your points :

RESULT - MOTIVATION TEST

Score from 0 to 2 :

For you, vaping is a pleasure or a new experience, not something to help you stop smoking.

Score from 3 to 4 :

You aren't particularly motivated. Stop smoking isn't a priority for you yet, but you're beginning to think about it.

Score from 5 to 6 :

You've decided to stop - make sure you don't give up.

Score from 7 to 11 :

You're really motivated, and your chances of success are high.

RESULT - DEPENDENCY TEST

Score from 0 to 2 :

You're not particularly dependent on nicotine. You could try vaping using a liquid with a nicotine strength of 3 mg/mL.

Score from 3 to 4 :

You're slightly dependent on nicotine. You could try vaping using a liquid with a nicotine strength of 6 mg/mL.

Score from 5 to 6 :

You're moderately dependent on nicotine. Using a personal vaporiser will increase your chances of being able to stop smoking. You could try vaping using a liquid with a nicotine strength of 11 mg/mL.

Score from 7 to 11 :

You're heavily dependent on nicotine. You could try vaping using a liquid with a nicotine strength of 16 or 19,6 mg/mL.

Make an appointment with your doctor or tobacco specialist for advice.

2. MY TOBACCO-FREE LIFE



20 MINUTES WITHOUT TOBACCO ?

Your blood pressure and heart rate return to normal.



8 HOURS WITHOUT TOBACCO ?

The quantity of carbon monoxide in your blood is halved; cell oxygenation returns to normal.



24 HOURS WITHOUT TOBACCO ?

Your risk of a heart attack is reduced; your lungs start to eliminate the smoke residue and mucus caused by smoking.



48 HOURS WITHOUT TOBACCO ?

Your sense of taste and smell improve. Your nerve endings for taste start to grow again.



72 HOURS WITHOUT TOBACCO ?

You'll find it easier to breathe; your bronchial tubes start to relax and you've got more energy.

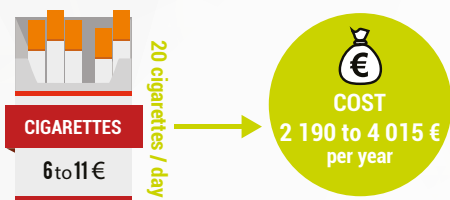


2 WEEKS TO 3 MONTHS WITHOUT TOBACCO ?

You won't cough as much, and you're not as tired; you're getting your breath back.

Is vaping less expensive than smoking tobacco ?

Vaping is generally 30 to 70% cheaper than what you would be spending on tobacco. That's an average figure - it depends, of course, on how much you were smoking to start with.



On the basis of smoking 20 cigarettes a day, costing 6 to 11 € a packet, the annual cost is between 2 190 and 4 015 €.

Here's the cost of a year of vaping :



30 € for your starter kit (a personal vaporiser which can be used for six months)



About 16 € for coils to use with this first vaporiser



50 € for a device a bit more efficient (lasting at least 6 months)



50 € for coils and various accessories



920 € for e-liquids (on the basis of 3 bottles per week)

= 1 066 €

**THANKS
TO VAPING !**

**You save
1 124 to 2 949 €**

SOLUTION !



3. MY PERSONAL VAPORISER

**Suggested hardware to start vaping :
EGO AIO**



To start vaping, the first thing is to buy a personal vaporiser. This consists of a battery, an atomiser (coil and cotton wick), a tank to hold the liquid, and a drip tip.

The personal vaporiser comes with a USB cable for charging.

Then select your e-liquid. We recommend using « beginner's » equipment for vaping using our Original Alfaliquid collection, which has a 76/24 PG/VG ratio.

The EGO AIO, for example, is really easy to use.

Fill the tank of your clearomiser with your e-liquid and press the on/off button of your personal vaporiser to turn it on.

Make sure, the first time you fill it, to leave the clearomiser at least ten minutes to leave the cotton wick enough time to soak up the liquid.

Press the button as you breathe in, then breathe out.

Watch out - vaping isn't the same as smoking: you need to leave 8 to 10 seconds between each intake of breath to give the e-liquid enough time to rise up to the coil.



Make sure you have a spare charger or even a spare personal vaporiser. Running out of battery is the main reason to bounce back.

4. THE LIQUID THAT SUITS ME

Composition of our Alfaliquid e-liquids



Propylene Glycol USP* (PG) :

Often used in the pharmaceutical and agro-food industries; used to enhance flavour.

Vegetable Glycerine USP* (VG) :

Used in the food, cosmetic and pharmaceutical industries; it creates a large quantity of dense vapour.

Aromas :

A set of natural or synthetic aromatic substances for the closest possible reproduction of a particular flavour.

Ethyl alcohol :

May be present in some flavours; used to keep the final mix fluid.

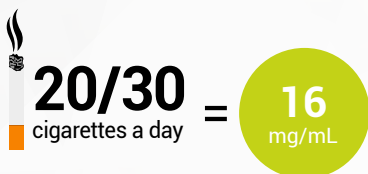
Nicotine :

Soothes people who are dependent on it.

* USP : US Pharmaceutical Standard

How to choose your nicotine strength ?

You smoke...



The nicotine strengths are suggested according to your daily consumption; they are by no means an obligation of any kind, but an indication for your guidance.

If you don't think you're getting enough nicotine, use a higher strength; if you think it's too much, use a lower strength.

Palpitations, headaches and sweating could be the signs of over-consumption of nicotine. We advise you to try a lower strength.

If any of these symptoms persist, it's better to consult a health professional.

Which liquid to choose to start vaping ?

Our advice

The **Alfaliqid Original Classic** range at **PG/VG 76/24** doesn't totally recreate the taste of burning tobacco, but it does make it possible to recreate some of the characteristics of the best-known brands of cigarette. PG/VG 76/24 will generate more flavour than vapour.

CLASSIC RANGE



FR-M

*Classic blond,
red fruits*



FR-ONE

*Classic blond,
caramel, vanilla,
nutty*



FR-W

*Mild classic blond,
slightly sweet, nutty*



MALAWIA

*Classic dark,
spices...*

VAPE AND HYDRATE.

The PG and VG in e-liquids can leave your mucous membranes feeling dry. It's important to stay hydrated.



The **Freshness** range makes it possible to reduce the sensation of the larynx contraction that vapers feel. These mint e-liquids confer refreshing, mildly anaesthetic properties.

FRESHNESS RANGE



CHLOROPHYLL

*Green mint,
chlorophyll,
chewing-gum*



FRESH

MINT

*Mint,
candy*



GLACIAL

MINT

*Mint,
chewing-gum*

After some time without cigarettes, you'll gradually recover your senses - you'll be ready to move on to the other ranges in the **Alfaliquid Original** collection. You can vape a **Classic** or **Freshness** flavour all day, or try out combinations of some of the flavours in the **Gourmand** or **Fruity** collections.

A selection of flavours for pleasurable vaping.

If you have been smoking 7 packs of cigarettes a week, you'll need at least 20 mL of Alfaliquid e-liquids per week. That's two bottles.



Make sure you've always got an emergency bottle at a higher nicotine strength with you, for times when you might be tempted to smoke again.

5. RESPONSIBLE VAPING

Responsible vaping means thinking about other people - yourself as well as the people around you.



Can I vape at work ?

Each country has different rules about vaping at work. It's up to vapers to be aware, and to be considered about the comfort of the people around them.



Am I allowed to vape in places that are open to the public ?

Most countries allow vaping in places that are open to the public : restaurants, cafes, bars, stadiums, hospitals, etc. Make sure you keep up to date with changes in regulations.



I'm pregnant; can my partner or other family members vape in my home ?

To date, there is no study that shows the effects of passive vaping. Your family members who prefer to use a personal vaporiser to stop smoking present less of a risk to the people around them than if they continued to smoke ordinary cigarettes. However, you could ask them not to vape in the same room as you, and you should ventilate your home regularly.



Where am I not allowed to vape ?

Most countries don't allow vaping in the following places :

1. Enclosed public transport (underground transport, trains, buses).
2. Schools and other places attended by minors.



What are the penalties for breaking the law ?

If you break the law, you can expect to be punished according to the laws of the country.

6. VAPING DURING PREGNANCY ?

Stop smoking ordinary cigarettes is the best way to protect your baby's health during your pregnancy and later on.

You must stop smoking ordinary cigarettes right from the first stages of pregnancy.

Not many studies have been carried out on the dangers of using a personal vaporiser during pregnancy. While it's true that a personal vaporiser doesn't produce the harmful substances present in ordinary cigarettes (carbon monoxide, tar, arsenic, etc) and is therefore less harmful for pregnant women than ordinary cigarettes, there is so far no study demonstrating that the components of e-liquids do not present any risk for the foetus.

The nicotine contained in e-liquids is not a problem, since the nicotine substitutes authorised for sale (including patches, chewing gum and inhalers) are recommended by midwives, and increase the chance of being able to stop using tobacco. It doesn't matter what method you choose - it's important to stop, and to ask for a professional's help. The personal vaporiser isn't recognised as a tobacco cessation treatment, and can't be prescribed by a health professional.

Source :

Documentation Smoking in Pregnancy Challenge Group

7. FOLLOW-UP

You'll benefit from the advantages of smoking cessation straight away !

The build-up of carbon monoxide will gradually disappear from your body and your lungs will eliminate the smoke residue they contain....



Your motivation to stop smoking will be the key to your success. Don't forget there's a difference between stopping using tobacco and stopping using nicotine.

Start by trying to eliminate cigarettes from your habits altogether. Once you've decided to stop smoking you can gradually reduce your dose of nicotine. This is a difficult stage, and can last a very long time. During this stage, a bad choice of nicotine strength can make you turn back to cigarettes again.

To support you in giving up cigarettes, we offer you a personalized follow-up in-store.

Week n°1 - Date :

I'm still smoking cigarettes a day.

My e-liquid :

Name :

PG/VG ratio : Nicotine strength :

Does it suit me ? Yes No

My equipment :

Name :

My difficulties and my achievements :

.....
.....
.....

My motivation :



My target for the coming week :

.....

Week n°2 - Date :

I'm still smoking cigarettes a day.

My e-liquid :

Name :

PG/VG ratio : Nicotine strength :

Does it suit me ? Yes No

My equipment :

Name :

My difficulties and my achievements :

.....
.....
.....

My motivation :



My target for the coming week :

.....

Week n°3 - Date :

I'm still smoking cigarettes a day.

My e-liquid :

Name :

PG/VG ratio : Nicotine strength :

Does it suit me ? Yes No

My equipment :

Name :

My difficulties and my achievements :

.....
.....
.....

My motivation :

1 2 3 4 5 6 7 8 9 10

My target for the coming week :

.....

My achievements after 1 month of vaping

Date :

I'm still smoking cigarettes a day.

Why am I still smoking ?

.....

The e-liquids I use regularly for vaping :

.....

Nicotine strength :

I've reduced my nicotine strength

Yes No

My difficulties and my achievements :

.....
.....
.....

My motivation :

1 2 3 4 5 6 7 8 9 10

My target for the coming month :

.....

My achievements after 2 months of vaping

Date :

I'm still smokingcigarettes a day.

Why am I still smoking ?

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.....

The e-liquids I use regularly for vaping :

.....
.....
.....

Nicotine strength :

I've reduced my nicotine strength

Yes No

My difficulties and my achievements :

.....
.....
.....
.....
.....

My motivation :



My target in 4 months' time :

.....
.....
.....

My achievements after 6 months of vaping

Date :

I'm still smokingcigarettes a day.

Why am I still smoking ?

.....
.....

The e-liquids I use regularly for vaping :

.....
.....
.....

Nicotine strength at the start :.....

Nicotine strength now :.....

Am I getting support from the people around me ?



My motivation :



My target in 6 months' time :

.....
.....
.....

My achievements after 1 year of vaping

Date :

I'm still smokingcigarettes a day.

Why am I still smoking ?

.....
.....

The e-liquids I use regularly for vaping :

.....
.....
.....

Nicotine strength at the start :

Nicotine strength now :

Am I getting support from the people around me ?



My motivation :



My comments on this follow-up :

.....
.....
.....
.....
.....

FREQUENTLY ASKED QUESTIONS

Why does my e-liquid taste burnt ?

The burning sensation has absolutely nothing to do with your e-liquid. It comes from your equipment. We recommend you change the coil on your personal vaporiser regularly (every 3 to 6 weeks, depending on your equipment).

It's not the same as smoking an ordinary cigarette! Don't take breaths too quickly. It takes 8 to 10 seconds between each breath for the e-liquid to have enough time to reach the coil in your personal vaporiser.

What's the difference between natural aromas and synthetic aromas ?

We use two types of aromas. Alfaliquid is always looking for the most faithful aromas, but unfortunately natural aromas don't always allow us to achieve that, because of « parasite » molecules. So we sometimes use synthetic aromas. They are always certified and free of danger, to ensure the most pleasurable vaping possible.

Are Alfaliquid products made in France ?

Gaiatrend manufactures its e-liquids for personal vaporisers in Rohrbach-lès-Bitche, located in the North East of France. The company has adopted a stringent manufacturing process that has obtained the « **Origine France Garantie** » certification.



AFNOR Cert. 68281.

FREQUENTLY ASKED QUESTIONS

What's the difference between an ordinary cigarette and a personal vaporiser ?

An ordinary cigarette produces smoke by combustion and contains a large number of toxic products (mercury, carbon monoxide, lead, ammonia, arsenic, etc), whereas a personal vaporiser produces vapour and only contains PG, VG, aromas, and sometimes alcohol and nicotine.

Why do I cough when I'm vaping ?

1. Your body is in the process of detoxification from tobacco - it may take a few days for your throat to get used to the vapour.
2. Vaping isn't the same as smoking! You have to breathe in gently and for longer than for an ordinary cigarette.
3. It may be caused by a poor compromise between the power of your personal vaporiser and the nicotine strength in the e-liquid you're using.

Can I mix different e-liquids ?

You can mix e-liquids, but only if it's to adjust the nicotine strength. We strongly recommend that you don't mix different flavours.

What difference does the PG/VG ratio make to me ?

Propylene Glycol USP (PG) is used as a flavour enhancer. A higher level of PG, as you'll find in our **Alfaliiquid Original** collection (76/24), gives priority to the flavour of the e-liquid. Vegetable Glycerine USP (VG) generates the large quantity of dense vapour created by your personal vaporiser.

The DMD of the bootle is exceeded ?

The Date of Minimum Durability (DMD) is the date beyond which the properties of your product won't be guaranteed (loss of flavour, different consistency, etc), without necessarily presenting any health risk.

For more information, or if you have any questions about your personal vaporiser or your Alfaliiquid e-liquids, please send an e-mail to :

contact@alfaliiquid.fr

ALFALIQUID

L'excellence de la vape

MY PARTNER TO STOP
USING TOBACCO



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