

Forum:[Hack Forums](#)

Thread: [E-cigarette help](#)

Apostolle - September 23, 2015, 12:15 pm

I am gona try to quit smoking.

I bought a e-cigarette and it helps somehow, was smoking a box , box 1/2, now i smoke like 5 cigarettes a day.

Question is:

As i am using a lot the e-cig ,
How much times can i use it?
If i use it too much is it bad?

Using it like every 10 seconds for 3-5 min.
And stop for like 15 min, and than use it again.

Anyone who used e-cigs and has experience with it can you please help.

Thank you in advance

UNDERWIRE - September 23, 2015, 12:39 pm

That would depend on what device, and the nicotine level of the liquid you're using.

Apostolle - September 23, 2015, 12:42 pm

Model name is LeoLites.

12mg doses.

UNDERWIRE - September 23, 2015, 1:28 pm

(Sep 23, 2015 12:42 PM)Apostolle Wrote: [\[CITE\]](#) Model name is LeoLites.

12mg doses. Pretty crappy for the price. When it comes to devices like these, they often won't heat the nicotine effectively enough to vaporize all of it. 12mg would be okay if you were using a better mod with a higher wattage, so you might want to go up to 18mg to get in enough nicotine to help you stop craving cigarettes as much. Eliquids don't contain the additives used in cigarettes to make the nicotine work faster and feel more addictive, so it'll probably take some getting used to. Try to slowly taper down the nicotine levels or use as you go.

There's isn't an immense amount of research on electronic cigarettes, but for the most part they seem safe aside from vaporizing a few different chemicals in the baked desert type flavorings.

Apostolle - September 23, 2015, 1:41 pm

It works pretty good for me now since i don't smoke cigarettes that much. 5 a day from more than a box.

The only problem i have now is, i am using the e-cig all the time and don't know is it safe to use it like that.

I got it as a gift from my brother, anyways i would never bought this :).

Just if someone know is there a critical limit daily on use. I don't want to use it more than i am allowed.

UNDERWIRE - September 23, 2015, 1:43 pm

(Sep 23, 2015 01:41 PM)Apostolle Wrote: [\[CITE\]](#) It works pretty good for me now since i don't smoke cigarettes that much. 5 a day from more than a box.

The only problem i have now is, i am using the e-cig all the time and don't know is it safe to use it like that.

I got it as a gift from my brother, anyways i would never bought this :).

Just if someone know is there a critical limit daily on use. I don't want to use it more than i am allowed. Haven't heard anything about anyone vaping too much, but like I said, try to limit it at least somewhat. How many ml of juice would you say you go through a day?

Apostolle - September 23, 2015, 1:48 pm

between 0.5 - 1 ml

Never over 1.

UNDERWIRE - September 23, 2015, 1:52 pm

(Sep 23, 2015 01:48 PM)Apostolle Wrote: [\[CITE\]](#) between 0.5 - 1 ml

Never over 1. Wow, you should be fine then. That thing must be pretty slow at heating up if you're using it that often. Most people go through 5-10ml a day.

Apostolle - September 23, 2015, 1:55 pm

(Sep 23, 2015 01:52 PM)UNDERWIRE Wrote: [\[CITE\]](#) Wow, you should be fine then. That thing must be pretty slow at heating up if you're using it that often. Most people go through 5-10ml a day. OMG lol -_-

I'll be fine than lol.

Thank you man really.
You gave me all the info i needed.

And nice to see an older member than me active :)

UNDERWIRE - September 23, 2015, 2:08 pm

(Sep 23, 2015 01:55 PM)Apostolle Wrote: [\[CITE\]](#) OMG lol -_-

I'll be fine than lol.

Thank you man really.
You gave me all the info i needed.

And nice to see an older member than me active :) Yep, feel free to ask anything else you might want to know in a PM.

Don't know about being "active" since I pretty much just post in this section.

If you want a better ecig later look into this one.

<https://www.fasttech.com/product/2385501-authentic-kanger-subox-mini-black-starter-kit>

Get some samsung25rs for it and maybe a Nitecore charger, but just don't order any batteries or

juice from fasttech.

Apostolle - September 23, 2015, 2:15 pm

<http://www.leolites.com/collections/starterkits/products/leolites-e-cig-premium-kit-white>

This is the one i am using.

Since it is going very well with it ill stick with this one.
If else bookmarked your link.

Added you to buddy list :)
Thank you again.