

Does vaping vitamins actually work?

Hey, girl, wanna get lit...
on some vitamin D?

Let's investigate. (Sorry.)

By ASHLEY MATEO

first, there were the chewable Flintstones your mom gave you in kindergarten, then the fruit-snack-style supplements you popped in college. Now, vitamins have adopted an edgier aesthetic. Ads for vitamin-infused vape pens star hot girls posing poolside in swimsuits and sports bras while clutching candy-colored sticks that emit thin wisps of smoke. Issa wellness mood, right?

Companies market these disposable vaporizers filled with supplements, like vitamin B12 and echinacea, on social media as the cool new way to get your nutrients. There's just one problem—they might not work at all.

"There's no evidence that inhaling vitamins through vaping has any benefit," says Humberto



Meet gummy vitamins' trendier cousin.

Choi, MD, a pulmonologist with the Cleveland Clinic. And they're not regulated by the FDA, meaning there's no way to confirm they contain what they say they do.

But why *wouldn't* they work? We know puffing things is an effective way to get stuff into your bloodstream (from weed to asthma meds). But it might not

be the same when it comes to vitamins, says Julie Devinsky, RD, a clinical dietitian at The Mount Sinai Hospital in NYC. "We have a beautifully designed gastrointestinal tract that's made to absorb nutrients," she explains. Since lungs don't function the same way, it's hard to know if inhaled vitamins will make it into your bloodstream.

Then there's the ease with which vaporized substances enter your airways. "These devices emit tiny chemical particles that are deposited into the far reaches of the lungs, which causes inflammation," says Dr. Choi. Short term, that might lead to a cough or bronchitis. But because vaping is so new, it's hard to say how much damage it could do later.

The heat that these devices require to turn vitamin juice into vapor could also affect the safety of the ingredients. Take diacetyl, an organic flavoring in some e-cigarettes. When heated to super-hot temps, it's been linked to a condition that scars your lungs, causing you to dry-cough or feel short of breath, says Albert Rizzo, MD, the chief medical officer for the American Lung Association. Most vapable supplement brands claim

their products are diacetyl-free, but since they're not regulated, you have to

take their word for it. And there's not enough research to say for sure that the other ingredients are harmless when vaped, says Dr. Rizzo.

Bottom line: Right now, science isn't sure whether vaping your vitamins is legit or even safe, so you're better off getting your nutrients the old-school way—no, not by popping Flintstones but by eating a rainbow of fruits and veggies. Boring? Yep. Equally Insta-friendly? Totally.

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