



INNOKIN ARCFIRE VAPE STARTER KIT

Information Leaflet

Public Health England's Vaping in England Evidence Review (2021) found that there is strong evidence that nicotine vaping products are effective for smoking cessation and reduction.

Providing nicotine to which smokers are addicted, without the harmful components of tobacco smoke, can prevent most of the harm caused by smoking. E-cigarettes are battery-powered devices that allow the user to inhale nicotine in a vapour rather than smoke. Unlike tobacco cigarettes, e-cigarettes do not contain cancer-causing tobacco or involve combustion. There is no smoke, tar or carbon monoxide associated with E-cigarette use.

BEFORE YOU USE YOUR E-CIGARETTE / VAPE DEVICE

1. Make sure you have the right strength of e-liquids. It is much easier to step down from a higher strength than to step up from a lower one. We have provided you with a suitable strength liquid, equivalent to the amount of cigarettes you told us you smoke. It is essential to begin with a nicotine strength that enables you to curb your craving for a cigarette. For nicotine strengths see 'Dinner Lady E-Liquids' section.
2. The benefits from using an e-cigarette/vape device will only be realised if you don't continue to smoke cigarettes or hand rolled tobacco. Dual use isn't recommended so it is better to try and stop smoking completely.
3. We recommend you choose a specific date as your quit date. Write it down or mark it in your calendar. You should not smoke tobacco after that date to give you a good chance of successfully quitting.
4. Don't be in a hurry to reduce the strength of your vape liquid. It can take up to 4 weeks or more before you feel you are able to step down. The team can advise you based on your cravings.
5. Some people may want to continue using vape long term to prevent relapse and that is okay. The main goal is to quit smoking and avoid the harms tobacco use can cause.

HOW DO THEY WORK?

E-cigarettes allow you to inhale nicotine in a flavoured vapour, rather than through tobacco smoke.

All e-cigarettes work by heating e-liquid to produce vapour, not burned to produce smoke, hence the term 'vaping'.

The main base ingredients of e-liquids are propylene glycol, vegetable glycerine and flavourings. Propylene Glycol (PG) and Vegetable Glycerine (VG) are commonly found in many foods, drinks and medicines.

Nicotine is an addictive substance, but in itself is relatively harmless – often considered on par with caffeine.



SMOKE FREE APP

You can find a lot of useful information and tools to help your journey on the Smokefree App which is available to download for free – simply scan the QR Code below or visit getmesmokefree.com and follow the steps.

Access getmesmokefree.com SCAN QR CODE



For help with the app, email support@smokefreeapp.com

YOUR DEVICE

- Mesh Coil – latest Technology
- Draw activated – simply inhale as you would a cigarette
- Rubber Seal protected tank, reduces chance of leakage
- 2ml capacity – clear tank to see liquid level
- 650mAh battery – charges to 75% within 30 mins



Please Scan the QR code to view a video guide to set up your new device



GETTING STARTED WITH YOUR DEVICE

Filling the Pod with E Liquid

- Detach the rubber seal on the side of the tank and add the e-liquid. Please avoid over filling.
- Once filled, ensure the rubber seal is attached securely back with the tank. This is very important to avoid any leakage of the e-liquid from the tank.
- Firstly, take two strong inhales/puffs with the POD still detached from the battery to pull the liquid into the cotton.
- Allow 10 minutes for the liquid to fully soak the coil before beginning to vape.

Starting to Vape

- Switch on your device by pressing the button 3 times in quick succession.
- Start with a few short inhales to test the pod, then begin to use as normal.
- Remember to keep liquid topped up to prevent drying out the coil too soon.



STEP 1 | Detach the rubber seal.



STEP 2 | Fill the POD with e-liquid.



STEP 3 | Re-attach the rubber seal securely. Leave 10 minutes to soak.



STEP 4 | Insert POD into device (Only goes in one way).

CHARGING

Charging the Battery

- Plug the USB-C end of your charging cable into the charging slot on the bottom of your device and plug the other end into a USB charging port.
- The device is compatible with most USB ports found commonly on mobile phone plugs, laptops, and games consoles etc.
- An LED around the bottom of the device will flash slowly to indicate the device is being charged. It takes around 30 minutes for the battery to charge 75%.
- Once the device is fully charged this will be indicated with a solid light around the base of the device.

Remove the charger from the battery when complete.

Remember to not leave the battery unattended and do not charge overnight.

Please use the provided cable for charging



POWER

Turning On/ Off

- To power the device on or off, press the button on the side 3 times quickly. The LEDs on the side of the device will flash to show power on or off.
- The device is draw activated which means there is no need to press any button on the device when inhaling.
- Remember to power off the battery when it is not being used.

Note: after charging the device, please ensure it is switched on before use.



When vaping, the number of LEDs illuminated display the remaining battery charge:

- 3 lit: Over 65%,
- 2 lit: 15-65%
- 1 lit: Less than 15%.

You can also press the button to view battery level when not vaping. The LED's will turn off when fully charged.



Dinner Lady E-liquids are regulated under UK Standards, ensuring you receive high quality products. Nicotine Salts provide fast blood absorption and are smoother to inhale.

FLAVOURS AVAILABLE:



SMOOTH TOBACCO

SPEARMINT MENTHOL

STRAWBERRY WATERMELON

KIWI PASSION GUAVA

CHERRY BLAST

BLUEBERRY LEMONADE

Nicotine Strengths Available:

20mg / 10mg / 5mg

Your starting nicotine strength has been selected for you based on your tobacco use. Should you need to, you will be able to select an alternative strength for the remainder of the program. However, don't feel the need to reduce too early. It's important to use the right combination of e-liquid and e-cig to manage nicotine cravings, and to use them as much as you need to. The best benefits from vaping are seen when users stop smoking cigarettes completely. Vaping as a quit smoking aid is most effective when combined with expert support, so it is important to regularly engage with your advisor.

If you would like to purchase additional supplies, please see the full range by visiting www.vapedinnerlady.com where you can receive a discount by entering the following code at checkout:

SMOKEFREE20



TROUBLESHOOTING

MAXIMISING POD LIFE

1. Ensure your POD is regularly topped up with e-liquid, stop vaping when the e-liquid level is very low.
2. Try to avoid taking longer puffs, as this can overheat the coil.
3. Try to avoid "chain vaping" as this can overheat the coil.
4. Always wait at least ten minutes after filling a POD for the first time, before vaping.

THE DEVICE IS LEAKING LIQUID

1. Please ensure the rubber tab on the side of the POD is securely attached.
2. Please ensure there are no cracks or breakage anywhere on the POD which may allow for liquid to leak out.
3. If both instructions above have been followed – please use a new POD.

I GET A BURNT TASTE IN MY MOUTH WHEN I INHALE

This usually indicates that the POD has come to the end of its intended life cycle, or that there is insufficient e-liquid in the POD.

1. If you get a burnt taste right after setting up a fresh POD, it is likely that the coil (which is embedded within the POD) has not fully soaked with the e-liquid for long enough. See 'Getting started with your device' section on how to avoid this occurring.
2. If you have been using your POD for a short time but it tastes burnt, this is likely due to insufficient e-liquid in the POD. Re-fill your tank, wait for a least ten minutes, then try vaping.
3. If the POD has a strong burnt taste, it will likely not recover and will need to be changed.

DEVICE DOESN'T TURN ON

1. Firstly, ensure the area where the battery connects to the POD is clear of any debris or liquid. If you can see any moisture, wipe clean with a piece of tissue paper.
2. Connect the device to a charger – you should now be able to see a slow pulsating light at the base of the device. If yes, connect the POD to the device and take a draw – the device should operate even when connected to the Charger. If no, please contact us.

IMPORTANT: PLEASE KEEP THE DEVICE PACKAGING IN CASE OF ANY ISSUE WHERE A RETURN MAY BE REQUIRED.

For support with your device and e-liquids please contact the Dinner Lady team via email: smokefree@vapedinnerlady.com

VIDEOS FROM THE NATIONAL CENTRE FOR SMOKING CESSATION AND TRAINING



E-Cigarette
Safety -
The Facts
Explained



Hear From
Ex-Smokers

REFERENCES



NCSCT
Service
Guidance



UKHSA
Clearing
up myths

CONGRATULATIONS ON TAKING THE STEPS
TOWARDS A SMOKEFREE AND HEALTHIER LIFE
– YOU CAN DO IT!