

What Are Nic Salts?

Not long ago, the only nicotine available in e-juices was freebase. That made for a much harsher draw, and wasn't ideal for those looking to switch to vaping to quit smoking. Thanks to extensive research and development, the industry has slowly been phasing in the use of nicotine salts.

Essentially, nicotine salts are the same form of nicotine found in tobacco, only available in liquid form. This nicotine is combined with a weak acid, usually benzoic, which allows the salt to vaporize at lower temperatures. This results in a lighter throat hit and smoother draw.

A common misconception about the smoking industry is that nicotine is the addictive, harmful substance in cigarettes. In actuality, nicotine contains fewer toxins than tobacco and no additives, which is the actual health concern for smokers.

The nicotine in **nic salts** are better absorbed into the bloodstream than freebase nicotine. There are many differences between freebase nicotine and nicotine salts, but there are two that are the most noticeable to vapers:

- Nic salts offer a much smoother throat hit.
- Nic salts also offer higher bioavailability.

It should be noted that though they are vastly different, neither option is necessarily "better" than the other. Instead, they offer different experiences, so it really comes down to a matter of preference and what you're looking for out of your vaping experience.

Why Do Nic Salts Require Low-wattages?

Nicotine salts require a much lower wattage than other e-liquids, unlike the devices you see used for creating huge clouds. This is because if they become too hot, they can break down molecularly. Because nic salts use higher nicotine levels than other options, you do not need to consume as much vapor to get the same amount.

There are two kinds of low-wattage devices recommended for nic salts. Open system devices, which are manually refillable, and closed system devices, which offer cartridges or pods sold in packs with varying nicotine levels.

Are Nic Salts for Me?

There are many factors to consider when switching to vaping nic salts, but it's important to remember that the nicotine level in salts is much higher than freebase. Some perks of using nicotine salts include;

- Those new to vaping may benefit from comfortable throat hits at high doses.
- Those trying to quit smoking will find the higher bioavailability akin to their smoking experience, making the initial switch easier.
- The better delivery into the bloodstream provides a better overall vaping experience.
- The quicker nicotine rush can help curb your cravings.
- Nic salt devices are incredibly user-friendly, regardless of whether you decide to go with an open or closed system.

FAQ

Why can't you use nic salts in a sub-ohm tank?

It is highly recommended not to use nic salts in sub-ohm devices due to the high nicotine levels in them. Nic salts should only be used with low wattage machines for the best vaping experience.

How much nic salts should I use?

Fill your device's tank to the fill line; be sure not to overflow or potentially risk spillage. Closed systems offer prefilled cartridges or pods with varying levels of nicotine that can be replaced when finished.

What milligram dosage of salt nic should I use?

It is recommended that new users start with 25 to 30mg of nic salts, akin to 2.5 or 3mg of freebase nicotine. If you're trying to quit smoking, you should start with a higher dosage, such as 50mg. If you're not new to vaping, you can adjust accordingly based on your preferences. Closed systems offer cartridges or pods with varying strengths of nicotine for you to choose from.

What coil should be used for salt nic?

Because of the high concentrations of nicotine, nic salts have a high resistance level. It is recommended to stick to coils rated between 1.0 to 1.4 ohms of resistance for the best possible draw.

What does nic salt do to your body?

If you're vaping nicotine salts as opposed to smoking cigarettes, you've already chosen a healthier alternative, but that doesn't mean it is not without risks. Nicotine is an addictive substance and can raise your blood pressure and heart rate. Some users report anecdotal positive effects such as increased mental acuity and a better ability to focus.

How is nicotine salt made?

Nic Salt is made by combining a nicotine base with a weak acid such as benzoic acid to form a liquid solution that can be added to flavored or unflavored e-liquid. Nic salts amplify the level and rate of nicotine delivery to the user, resulting in stronger hits than freebase nicotine.

What is the best wattage for salt nic?

Nic salts require lower wattages than other e-juices. Typically, nic salts perform best between 15 and 40 watts of power. Going above this range will result in your coils burning out quickly, as well as a harsher draw while vaping.