

Do You Vape? The Controversial Truth Behind VG's Most Popular Ingredient



If you are among the 10 percent of e-cig users with propylene glycol sensitivity, you probably already know vegetable glycerin is your next best bet for a satisfying vape experience.

Vegetable glycerin, as the name suggests, is derived from plants and offers relief to vapers with propylene glycol (PG) intolerance. While the ingredient sounds harmless, this natural e-liquid alternative is anything but.

One of the top three sources of vegetable glycerin (VG) is palm oil. Palm oil is very inexpensive. For this reason, the ingredient makes its way into a huge variety of household items ranging from food products to soap and cosmetics and, not surprisingly, e-cigarette liquid.

But palm oil is the e-cig equivalent of pink slime in McDonald's hamburgers — cheap as hell, but disturbing once you know where it comes from.

The palm oil industry is like a train run off the track. The World Wildlife Fund reports that approximately 300 football fields of rainforest are cleared every hour to make way for palm oil production in places like Malaysia, Indonesia and the Congo. It is a carelessly overexploited resource that proves disastrous for the environment. Manufacturing is wildly out of control with no signs of slowing down.

Deforestation from palm oil production not only threatens Asia and Africa's landscape, but also impacts the global environment as a whole. The industry's carbon emissions, which exceed even the United States' annual output, are a leading contributor to global warming. Toxic smog from slash and burn farming methods is a major concern.

At this very moment, a massive forest fire in Indonesia has been blazing for months. George Monbiot of The Guardian called it "the greatest environmental disaster of the 21st century." The resulting pollution from the fires are estimated to have killed more than 100,000 people in Indonesia and neighboring countries.

It's not only human lives that are at stake. Indonesia's Sumatran orangutans, which spend most of their lives swinging from the treetops in these tropical forests, are losing their habitat at a shocking pace. They face extinction due to the palm oil industry's unscrupulous activities. This, along with reports of inhumane labour conditions, animal cruelty and child labor, makes palm oil production a crisis of epic proportions.

Palm oil has become a hot-button ingredient in the cosmetics industry in recent years as awareness of the truth gains momentum. The ingredient is subject to widespread criticism from a growing population of environmentally-minded consumers.

E-cig users, however, are relatively unaware that palm oil has made its way into their VG liquid due to a lack of government labeling requirements. Unlike food or cosmetics, the FDA does not require e-liquid packaging to list its ingredients. While manufacturers typically disclose whether their products contain VG or PG, that's about as much information as they are willing to offer.

Manufacturers typically don't specify the source of the VG. And for good reason — one-third of VG is derived from palm oil.

Fortunately, ethical companies like [Vape Organics](#) are proving you can still vape with peace of mind. As a pioneer in palm-oil-free e-liquid, they offer an impressive variety of 100% USDA Certified Organic, PG-free and palm-oil-free flavors crafted by a team of mixologists. This October and November, 5 percent of sales will be donated to plant trees in Indonesia and raise awareness about the palm oil industry. So far, they have raised enough funds to plant nearly 600 trees and counting.

Further, Vape Organics boasts some of the cleanest-tasting vapor around given their quality standards, so you can vape away in good conscience knowing you're not contributing to ecological disaster around the world.