

Which e-liquid is better for you: salt nic or freebase? Key Phrase: Salt Nic vs. Freebase

The wall of e-liquid bottles is the most confusing part of any shop if you're new to vaping. You've chosen your device, and now you have to choose from an endless number of flavors. But before you can even choose between "Blue Razz" and "Caramel Tobacco," you have to make a more important choice: salt nic or freebase?

This choice will change your vaping experience in a big way, from how it feels in your throat to how much nicotine you get. The key to a good experience is picking the right one. Let's look at this simple but important choice in more detail.

First, know that all e-liquids have nicotine in them. The chemical form of nicotine is what makes "salt nic" and "freebase" different.

What does "freebase nicotine" mean?

Freebase is the original and traditional form of nicotine that has been used in e-liquids since vaping started. It's the same kind of nicotine that you find in regular cigarettes. When nicotine is in its "base," or purest form, it's called "freebase." This makes it stronger when it's heated.

- **The Sensation:** People say that freebase nicotine gives them a "throat hit." This is the feeling in the back of your throat that is a little harsh, peppery, or scratchy when you breathe it in. A lot of people who used to smoke want this feeling because it feels like smoking a cigarette.
- **The Good:** Freebase e-liquid is less alkaline, so it gets very harsh when the nicotine level is high. You can usually find it in low doses: 0mg (no nicotine), 3mg, 6mg, and sometimes 12mg.
- **The Devices:** Freebase works best with bigger, more powerful devices. "Sub-ohm" tanks, "box mods," and bigger "vape pens" are all examples of these devices. They make big, thick clouds of vapor. You can use freebase in a small pod device, but it might not be very satisfying.

When to Pick Freebase:

- You smoke socially or lightly.
- You want a "throat hit" that you can feel.

- You have a bigger device, like a "mod" or "vape pen."
- You want to "cloud chase," which means making a lot of vapor.

What is Salt Nicotine?

Salt nicotine is a much newer invention that changed everything, especially for people who smoke a lot. "Salt nic" is not the same as table salt, and it won't make your vape taste salty. It's the way nicotine naturally occurs in tobacco leaves.

The most important thing is that manufacturers add a small amount of an acid, like benzoic acid, to this natural salt. This simple addition does two amazing things:

1. It makes the nicotine less alkaline, which makes it very smooth.
 2. It makes it easier for the nicotine to get into your blood.
- The feeling: Very smooth. You can vape a lot of nicotine and not feel a thing in your throat.
 - The Strengths: Salt nic comes in high strengths of 20mg, 25mg, 35mg, and 50mg because it's so smooth.
 - The Devices: You can only use salt nic in low-power devices. This includes all "pod systems," like the Uwell Caliburn or Vapresso XROS, as well as small "mouth-to-lung" (MTL) vape pens.

WARNING: You should never put high-strength salt nicotine in a big, strong sub-ohm device. The mix would give you a very high, unpleasant dose of nicotine that could be dangerous.

When to Pick Salt Nic:

- You smoke a lot, at least one pack a day.
- You want a lot of nicotine without a harsh hit to the throat.
- You want a "nicotine rush" that feels a lot like smoking a cigarette.
- You have a small, private "pod system."
- You have tried vaping with 3mg freebase before and didn't like it.

The Final Decision

You should make your choice based on what you usually do.

- If you smoke a lot, a pod system with 25mg to 50mg of salt nicotine is your best bet. It will give you the nicotine fix you need to make the switch work.

- If you smoke light to medium, a pod system with 20–25mg of salt nicotine or a vape pen with 6–12mg of freebase are both great choices.
- For people who only smoke once in a while or with friends, a vape pen with 3mg or 6mg of freebase is a great place to start.

This is why it's so important to go to a professional store. When you go to a reputable **vape shop in Rex**, the staff can look at your current pack of cigarettes, ask about your smoking habits, and suggest the best e-liquid and device for you right away so that your first experience goes well.