

What's in Cigarette Smoke?

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You may know that nicotine is the drug in tobacco that gets smokers hooked. But did you also know that nicotine is a chemical used to kill insects?¹

Cigarette smoke has more than 7,000 chemicals. About 70 are known to cause cancer.¹

Some of the cancer-causing chemicals:^{1,2,3}

- FORMALDEHYDE: Used to embalm
- BENZENE: Found in rubber cement
- POLONIUM 210: Used to make sheet plastics
- VINYL CHLORIDE: Used to make pipes and tennis shoes

Some of the other chemicals:^{1,2,3}

- CHROMIUM: Used to make paint
- ARSENIC: Found in rat poison
- LEAD: Once used in household paint
- CADMIUM: Used to make batteries
- CARBON MONOXIDE: Found in car exhaust
- HYDROGEN CYANIDE: Used in chemical weapons
- AMMONIA: Used in home cleaners
- BUTANE: Used in lighter fluid
- TOLUENE: Used to make paint
- ACETONE: Used in nail polish remover
- METHANOL: Used in rocket fuel
- NAPHTHALENE: Found in mothballs
- TAR: Used to pave roads
- ACETIC ACID: Used in hair dye
- HEXAMINE: Found in BBQ lighter fluid



Call to get FREE help to quit smoking today!
English: 1-800-QUIT-NOW (1-800-784-8669)

1. American Lung Association (2015). What's in a Cigarette?
2. Cancer Center UK (2018). What's in a Cigarette?
3. FDA (2018). Harmful and Potentially Harmful Constituents in Tobacco Products and Tobacco Smoke