You may think that a cigarette is just tobacco rolled in a piece of paper. Tobacco is a plant, and how toxic can a plant be?

Here’s a list of 16 ingredients in cigarettes—and the other products or processes in which you will find these ingredients.1

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| **Ingredient in cigarettes** | **Also used or found in these products and processes** |
| Acetone | Nail polish remover |
| Acetic Acid | Hair dye |
| Ammonia | Householder cleaner |
| Arsenic | Rat poison and pesticides |
| Benzene | Rubber cement |
| Butane | Lighter fluid |
| Cadmium | Battery acid |
| Carbon monoxide | Released in car exhaust fumes |
| Formaldehyde | Embalming fluid |
| Hexamine | Barbecue lighter fluid |
| Lead | Batteries |
| Naphthalene | Mothballs |
| Methanol | Rocket fuel |
| Nicotine | Insecticides |
| Tar | Road paving |
| Toluene | Paint thinner |

This is just a partial list of the harmful ingredients that you take into your lungs while smoking. Cigarette smoke contains more than 7,000 chemicals and chemical compounds, at least 70 of which are known specifically to cause cancer.2

Did you know that cigarette smoking damages nearly every organ of the body? And, smokers miss more work, visit a doctor more often, are hospitalized more often, and die 10 to 12 years earlier than nonsmokers.3

Now that you know what’s in a cigarette, we encourage you to consider quitting. If you need support, get your free copy of “Quit smoking for good: Where to start in order to stop successfully” by <insert instructions here>.