

What's in Cigarette Smoke?

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

Cigarette smoke has more than 7,000 chemicals. About 70 are known to cause cancer.^{1,2,3}

Some of the cancer-causing chemicals:

- **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:

- **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 for FREE help to quit smoking!
1-800-300-8086**

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*