

What's in a cigarette?



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

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	Barbeque 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.

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.²

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>](#).

1. American Lung Association, "What's In a Cigarette?" accessed at www.lung.org/quit-smoking, page last updated July 13, 2020

2. Centers for Disease Control and Prevention, "Health Effects of Cigarette Smoking," accessed at www.cdc.gov/tobacco, page last reviewed April 28, 2020

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