







What's in Cigarette Smoke?

Chemicals in Cigarette Smoke	Also found in.....	Health Effects
Carbon Monoxide	car exhaust 	restricts oxygen to body
Nicotine	pesticide	addictive
Ammonia	floor cleaner	toxic to the body
Hydrogen cyanide	gas chamber poison 	breathing difficulties
Arsenic	rat poison 	tingling in hands and feet
Naphthalene	moth balls	headache, sweating 
DDT	insecticide	causes cancer
Cadmium	car batteries 	yellow teeth, inability to smell
Vinyl chloride	garbage bags	dizziness, causes cancer
Acetic Acid	hair dye developer	skin discoloration
Lead	x-ray shielding	sleep disturbance, aching bones
Styrene	insulation	depression muscle weakness
Formaldehyde	preservative for dead bodies 	causes cancer
Nitric oxide	fertilizer, explosives & dye	fluid in lung tissue

During the manufacturing process, tobacco is treated with a variety of chemicals to enhance nicotine absorption, keep the product fresh, act as filler, change the taste, control the speed of burning, etc. When burned, the resulting smoke contains more than 4,000 chemicals, many of which are known to cause cancer.