

What's In a Cigarette!

There are over 5,000 chemicals in a cigarette. Many of these occur naturally in tobacco. Others are added as insecticides and fertilizers, to enhance flavor, and to make the paper burn evenly and longer. Still others are a result of the burning process itself. Here's a sample of the substances you put in your body every time you puff on a cigarette!

Acetone:	Paint Thinner
Ammonia:	Household cleaner
Arsenic:	Rat Poison
Benzene:	Used in making dye
Butane:	The gas in lighter fluid
Carbon Monoxide:	This comes out of your car's tail pipe
Cadmium:	Used in batteries
Cyanide:	A deadly poison
DDT:	An insecticide
Formaldehyde:	Used in embalming
Hydrogen Cyanide:	The poison used in gas chambers
Lead:	An ingredient banned from paint
Naphthalene:	Used to make mothballs
Polonium:	A cancer causing radioactive element
Tar:	The same material used to fill potholes
Urea:	The substance that makes up your urine
....and 36 other known carcinogens	

Nicotine: Nicotine is the addictive substance in cigarettes. It's what keeps you hooked. However, it's not what causes the medical problems associated with smoking. All the chemicals listed above cause or contribute to the cancers, heart conditions, breathing problems and the hundreds of other problems that result from smoking!

Ask yourself:

Is the risk of putting all this junk in your body worth whatever pleasure you think you get from smoking? Think about it!!

