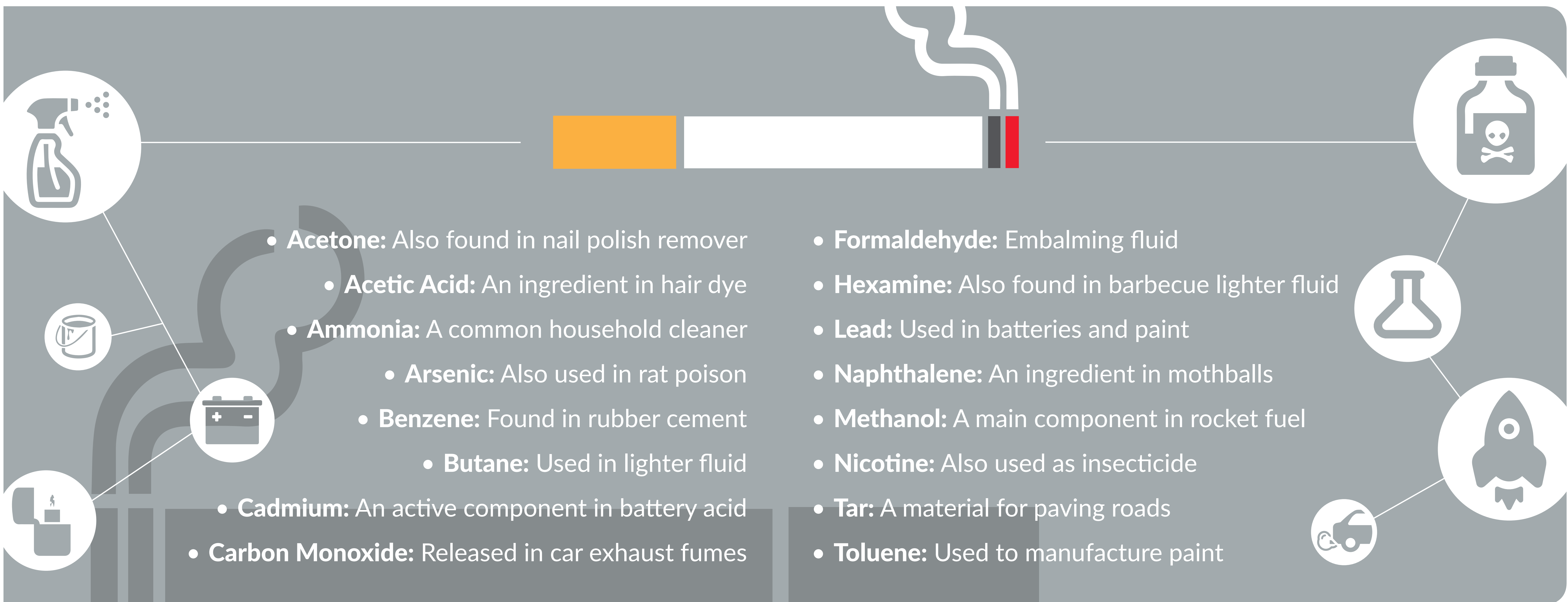


Components of a Cigarette

There are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous. Here are a few of the chemicals in tobacco smoke and other places they are found:



Are you, or someone you love ready to quit smoking? The American Lung Association's Freedom From Smoking® is a proven-effective quit smoking program that is available over the phone, in-person or online.

Learn more or sign-up at **1-800-LUNGUSA** or **Lung.org/ffs**.