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:

- **Acetone**: Also found in nail polish remover
- **Acetic Acid**: An ingredient in hair dye
- **Ammonia**: A common household cleaner
- **Arsenic**: Also used in rat poison
- **Benzene**: Found in rubber cement
  - **Butane**: Used in lighter fluid
- **Cadmium**: An active component in battery acid
- **Carbon Monoxide**: Released in car exhaust fumes
- **Formaldehyde**: Embalming fluid
- **Hexamine**: Also found in barbecue lighter fluid
- **Lead**: Used in batteries and paint
- **Naphthalene**: An ingredient in moth balls
- **Methanol**: A main component in rocket fuel
- **Nicotine**: Also used as insecticide
- **Tar**: A material for paving roads
- **Toluene**: Used to manufacture paint

Are you or someone you know ready to quit smoking or vaping? The American Lung Association’s Not On Tobacco® (N-O-T) program is a proven-effective quit program to help teens overcome their nicotine dependence for all types of tobacco use. [Lung.org/NOT](http://Lung.org/NOT)