

THE TRUTH: WHAT'S IN A CIGARETTE?

Cigarette Smoke contains over 4,000 chemicals. Smoking is the largest cause of preventable death in the Western World. The more cigarettes a person smokes the greater the risk of harm to their body. Even if you don't smoke, you can be harmed by the chemicals from smoke just by being around others who are smoking.



Car Exhausts (Carbon Monoxide)

Vroom Vroom...you wouldn't put your mouth over a car exhaust day in day out would you? So why put the same fumes into your body everyday? CO reduces the blood's ability to carry Oxygen, this makes it harder to exercise and harder for blood to get to your toes and fingers. This could lead to them having to be amputated, now we don't want that do we? ¹



Pesticide (Nicotine)

Nicotine is the drug in cigarettes, which is highly addictive and makes you come back for more even if you don't want to! Nicotine is a toxic chemical and is used in pesticides, which kill bugs in the garden! ²



White Ant Poison (Arsenic)

In earlier times arsenic was used as a poison to murder people, nowadays it is in ant poison and you guessed it, cigarette smoke! ⁵



Moth Balls (Naphthalene)

The same chemical we use to stop moths from eating our clothes and which is toxic for moths is also in cigarette smoke and is also not good for humans as exposure can cause cancer! ⁵



Rocket Fuel (Methanol)

Yes rocket fuel and cigarettes have something in common - Methanol.... that can't be good! Methanol hides the burning irritation in your throat, so you don't feel what the cigarette smoke is really doing to you! ^{5,8}



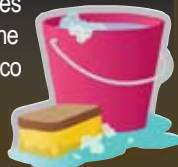
Lighter Fluid (Butane)

Butane a flammable gas is in lighter fluid, gasoline for cars and cigarette smoke! ⁵ Now you pick the odd one out! You don't feed cars bananas because they won't go, so why would you feed yourself butane? The end results can't be good!



Floor Cleaner (Ammonia)

The same chemical in floor cleaner is put in cigarettes to change the chemistry of nicotine to make the nicotine more addictive!!! ^{4,5} No wonder tobacco companies make so much money and it is so hard to quit!



Car Batteries (Cadmium)

That's right, one of the things you inhale from cigarette smoke is the same metal they use in car batteries...why is this bad? Well, inhaling it can lead to lung diseases and if its in a car battery...should it really be in your lungs? ⁷



Poison used in gas Chambers (Hydrogen Cyanide)

Yes its true, the same gas, which was used in gas chambers in World War II, is in cigarette smoke! ⁹!!! There's no gas mask protecting you when you smoke a cigarette so what do you think this does to your insides?



Paint Stripper (Acetone)

Want to get the paint off the walls, use this! Unfortunately this is also in cigarette smoke. If it strips the paint of the walls, what is it doing to your insides? ⁵



Embalming Fluid (Formaldehyde)

Don't want your dead pet to decompose...put it in formaldehyde! Problem is, that this is also in tobacco smoke and while it preserves dead bodies it is not so great while you are alive, causing damage to your lungs and skin. ⁵



Insecticide (DDT)

DDT, an insecticide so good at killing insects that it climbed all the way up the food chain and killed the birds that ate the insects! DDT is so bad for the environment it has been internationally banned and can now only be used for disease control! Now if it is bad for the environment because it's so poisonous, its impossible that it is good for you to be exposed! ^{6,5}

