

What Is In Your Cigarette?



There are more than 4,000 ingredients, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins in a cigarette other than tobacco. Common additives include yeast, wine, caffeine, beeswax and chocolate. Here are some other ingredients:

- **Ammonia**
(Household cleaner)
- **Angelica root extract**
(Known to cause cancer in animals)
- **Arsenic**
(Used in rat poisons)
- **Benzene**
(Used in making dyes, synthetic rubber)
- **Butane**
(Gas; used in lighter fluid)
- **Carbon monoxide**
(Poisonous gas)
- **Cadmium**
(Used in batteries)
- **Cyanide** (Deadly poison)
- **DDT** (A banned insecticide)
- **Ethyl Furoate**
(Causes liver damage in animals)
- **Lead**
(Poisonous in high doses)
- **Formaldehyde** (Used to preserve dead specimens)
- **Methoprene** (Insecticide)
- **Megastigmatrienone**
(Chemical naturally found in grapefruit juice)
- **Maltitol**
(Sweetener for diabetics)
- **Napthalene**
(Ingredient in mothballs)
- **Methyl isocyanate**
(Its accidental release killed 2000 people in Bhopal, India in 1984)
- **Polonium**
(Cancer-causing radioactive element)

Important to know:

- **Fungicides and pesticides** -- Cause many types of cancers and birth defects.
- **Cadmium** -- Linked to lung and prostate cancer.
- **Benzene** -- Linked to leukemia.
- **Formaldehyde** -- Linked to lung cancer.
- **Nickel** -- Causes increased susceptibility to lung infections.

If you are angry that so many things have been added to the cigarettes you enjoy so much, you should be. Many of these chemicals were added to make you better able to tolerate toxic amounts of cigarette smoke. Make sure that you have the last laugh. Regardless of the countless chemicals in your cigarettes, quitting is always your option.

Cigna Members:

Call (855) 246 - 1873 to speak with a health coach today!

Non-Cigna Members:

Call (877) U - Can - Now for the Florida Quit Line to speak to a health coach today!