



What Are Some of the Harmful Ingredients in Cigarette Smoke?

Tobacco smoke contains more than 4,000 chemicals. Many are known to be harmful substances, including carbon monoxide, toluene, acetone and ammonia.

According to Health Canada, about 50 of these chemicals cause cancer in humans, including: 2-naphthylamine, 4-aminobiphenyl, arsenic, benzene and nickel.

Some of the Harmful Chemical Substances Found in Cigarette Smoke

4-Aminobiphenyl*	2-Nitropropane**
Arsenic*	N-Nitrosodi-n-butylamine**
Benzene*	N-Nitrosodiethanolamine**
Chromium VI*	N-Nitrosodiethylamine**
2-Naphthylamine*	N-Nitroso-n-methylethylamine**
Nickel*	N'-Nitrosonorcotine**
Vinyl chloride*	N-Nitrosopiperidine**
Acetaldehyde**	N-Nitrosopyrrolidine**
Acetamide**	Styrene**
Acrylonitrile**	2-Toluidine**
o-Anisidine**	Urethane**
Benzaanthracene**	Acetone
Benzobfluoranthene**	Acrolein
Benzojfluoranthene**	Ammonia
Benzokfluoranthene**	Aniline
Benzoapyrene**	1,3-Butadiene
Cadmium**	Captan
DDT**	Carbon disulfide
Dibenza,hacridine**	Carbon monoxide
Dibenza,jacridine**	Catechol
Dibenza,hanthracene**	Chrysene
7H-Dibenzoc,gcarbazole**	Hydrogene cyanide
Dibenzoa,epyrene**	Hydroquinone
Dibenzoa,hpyrene**	1-Naphthylamine
Dibenzoa,ipyrene** Dibenzoa,lpyrene**	Phenol
1,1-Dimethylhydrazine**	Pyridine
Formaldehyde**	Quinoline
Lead**	Toluene

* known human carcinogen, according to the International Agency for Research on Cancer and/or the Environmental Protection Agency.

** possible human carcinogen, according to the International Agency for Research on Cancer and/or the Environmental Protection Agency.



**Canadian Council for Tobacco Control
Conseil canadien pour le contrôle du tabac**



Sources:

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