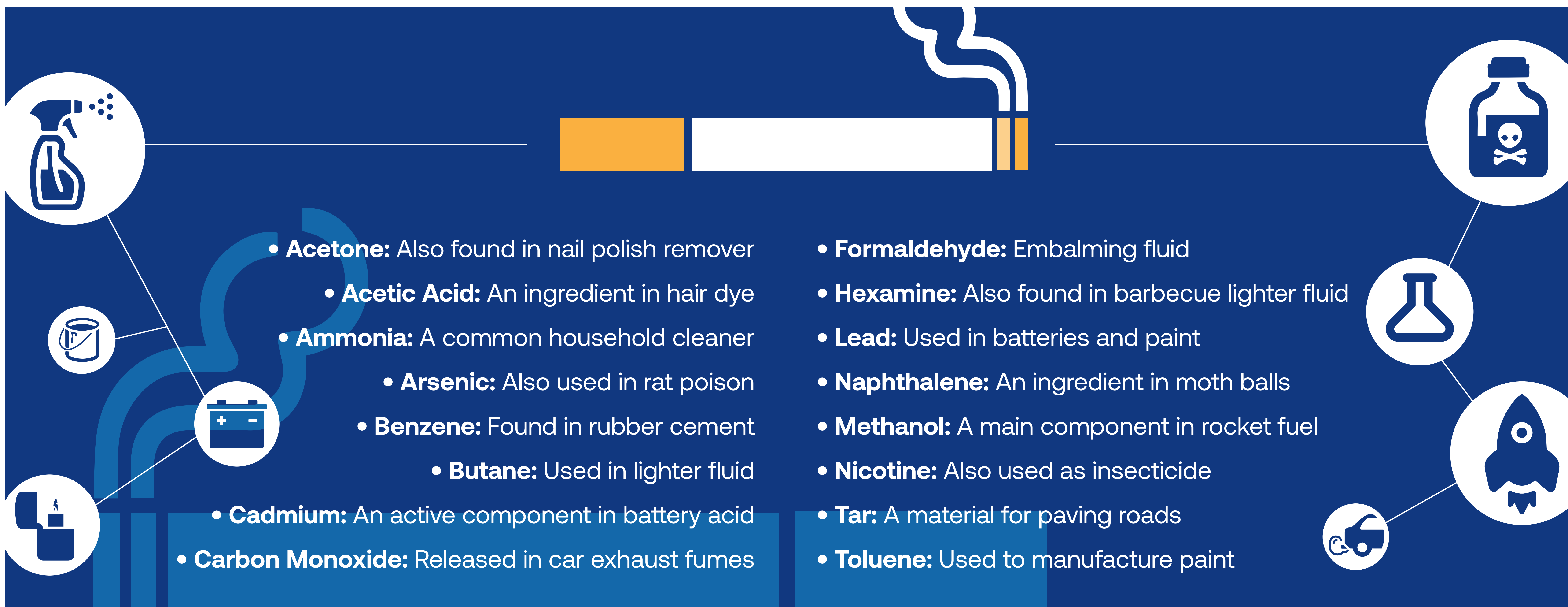


Components of a Cigarette

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 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](https://www.lung.org/NOT)