

What Are You Lighting Up?

Cigarettes contain approximately 600 ingredients and produce more than 7,000 chemicals when burned. At least 69 of these chemicals are known to cause cancer, and many are poisonous. Some of the toxins found in tobacco smoke include...



- **Acetone** – found in nail polish remover
- **Acetic Acid** – an ingredient in hair dye
- **Ammonia** – a common household cleaner
- **Arsenic** – used in rat poison
- **Benzene** – found in rubber cement
- **Butane** – used in lighter fluid
- **Cadmium** – active component in battery acid
- **Carbon Monoxide** – released in car exhaust
- **Formaldehyde** – embalming fluid
- **Hexamine** – found in barbecue lighter fluid
- **Lead** – used in batteries
- **Naphthalene** – an ingredient in mothballs
- **Methanol** – a main component in rocket fuel
- **Nicotine** – used as insecticide
- **Tar** – material for paving roads
- **Toluene** - used to manufacture paint

Contact your primary care provider today to schedule a smoking cessation consultation!

*Benefit available to U.S. employees enrolled in a Caterpillar BCBS/UHC health plan.