Chemicals in Tobacco Products

There are NO SAFE Tobacco Products



The purpose of this list is to provide information about the chemicals in tobacco products that researchers have linked to health problems.

What does this information NOT tell me? The amount of a chemical shown here does NOT tell you whether you will develop a health problem. Some chemicals are harmful even in very small amounts. All chemicals shown can be harmful to your health.

Ranges in chemical amounts are due to differences in the tests used to measure chemicals and differences in tobacco product design (including size, weight, and additives).

The information does NOT show the actual amount of a chemical that gets into the body. The actual amount that gets into the body may be higher or lower than the amount shown depending on how a person uses the tobacco product. For example, a larger amount of chemical will get into the body for people who are more intense "puffers."

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