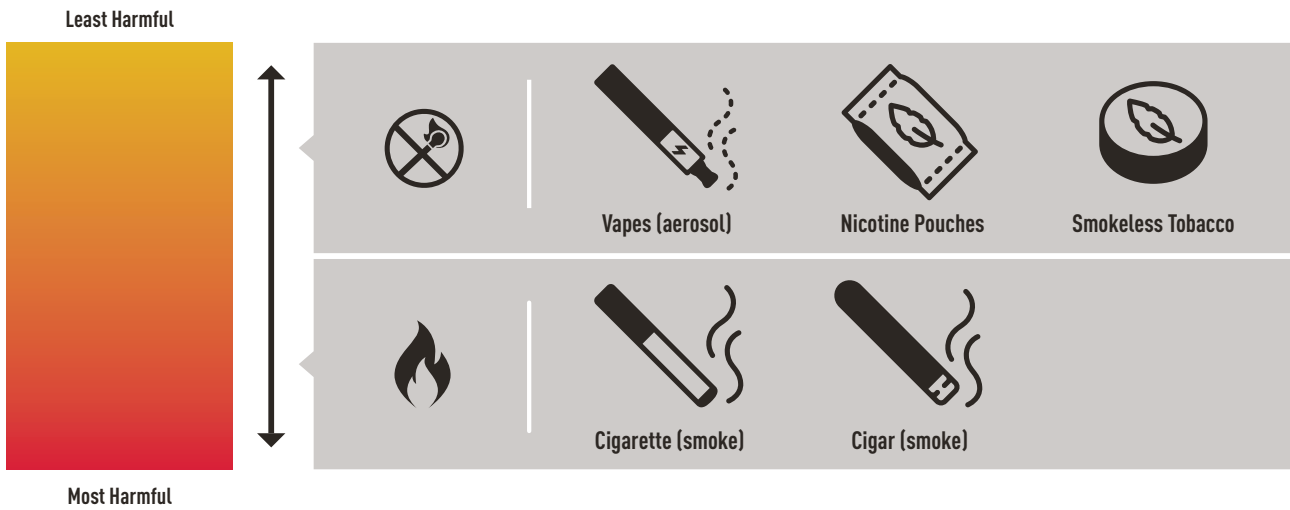


# Chemicals in Tobacco Products

There are **NO SAFE** tobacco products

All tobacco products cause harm



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."

	Cigar	Cigarette	Vapes	Nicotine Pouch	Smokeless Tobacco
<b>Acetaldehyde</b> Measured in Nanograms	1500-2724	341-1700	too small to measure - 936	2.84	0.970-72.3
<b>Benzo[a]pyrene</b> Measured in Nanograms	26.2-97.4	4.99-20.5	too small to measure - 0.01	too small to measure	10.4-58.1
<b>Crotonaldehyde</b> Measured in Nanograms	23.2-69.2	5.66-61.8	too small to measure - 42	too small to measure	0.552-6.35
<b>Formaldehyde</b> Measured in Micrograms	5.0-41.7	11.5-139	too small to measure - 864	0.249	0.207-10.60
<b>NNK</b> Measured in Micrograms	310-1200	15.5-158	too small to measure - 0.02	too small to measure	179-474
<b>NNN</b> Measured in Micrograms	595-1225	15.9-284	too small to measure - 1.5	too small to measure	523-1690

## Health Problems

- Cancer
- Permanent breathing problems
- Addiction