



**FACT: Smokers often feel that they blow out most of the smoke they take in. In reality, however, they exhale only 10% of what they inhale. That means 90% of what you puff is lodged in your lungs!**

**Did you know that after 2 years of smoking...**

- You're 12 times more likely to die of lung cancer?
- You're 10 times more prone to lung diseases?
- You're 10 times more susceptible to cancer of the larynx?
- You're 6 times more prone to heart diseases caused by high cholesterol levels?
- You're twice as likely to die of a stroke?

### Why is this so?

When you smoke, your lungs soak up the noxious fumes of tar and nicotine – much like a piece of sponge soaks up water. There are over 4000 known chemicals in cigarette smoke. Many of these chemicals are **ADDED** to cigarette tobacco **to purposely make them so addictive that you cannot quit smoking thus ensuring huge ongoing profits for tobacco companies at the expense of your health!!**

**The list of 599 additives approved** by the US Government for use in the manufacture of cigarettes is something every smoker should see. Submitted by the five major American cigarette companies to the Dept. of Health and Human Services in April of 1994, this list of ingredients had long been kept a secret.

Tobacco companies reporting this information were:

American Tobacco Company  
Brown and Williamson  
Liggett Group, Inc.  
Philip Morris Inc.  
R.J. Reynolds Tobacco Company

**While these ingredients are approved as additives for foods [!!!],** they were not tested by burning them, and it is the burning of many of these substances which changes their properties, often for the worse. Over 4000 chemical compounds are created by burning a cigarette, many of which are toxic and/or carcinogenic. Carbon monoxide, nitrogen oxides, hydrogen cyanide and ammonia are all present in cigarette smoke. **Forty-three known carcinogens are in mainstream smoke, sidestream smoke, or both.**

It's chilling to think about not only how smokers poison themselves, but what others are exposed to by breathing in the secondhand smoke. The next time you're missing your old buddy, the cigarette, take a good long look at this list and see them for what they are: a delivery system for toxic chemicals and carcinogens.

**Cigarettes offer people only a multitude of smoking-related diseases and ultimately death.**

**The List of 599 Additives in Cigarettes:**

Acetanisole	Decanal	Isoamyl Acetate	Olibanum Oil
Acetic Acid	Decanoic Acid	Isoamyl Benzoate	Opopanax Oil And Gum
Acetoin	1-Decanol	Isoamyl Butyrate	Orange Blossoms Water, Absolute, and Leaf Absolute
Acetophenone	2-Decenal	Isoamyl Cinnamate	Orange Oil and Extract
6-Acetoxydihydrotheaspirane	Dehydromenthofuroolactone	Isoamyl Formate, Isoamyl Hexanoate	Origanum Oil
2-Acetyl-3- Ethylpyrazine	Diethyl Malonate	Isoamyl Isovalerate	Orris Concrete Oil and Root Extract
2-Acetyl-5-Methylfuran	Diethyl Sebacate	Isoamyl Octanoate	Palmarosa Oil
Acetylpyrazine	2,3-Diethylpyrazine	Isoamyl Phenylacetate	Palmitic Acid
2-Acetylpyridine	Dihydro Anethole	Isobornyl Acetate	Parsley Seed Oil
3-Acetylpyridine	5,7-Dihydro-2-Methylthieno(3,4-D)	Isobutyl Acetate	Patchouli Oil
2-Acetylthiazole	Pyrimidine	Isobutyl Alcohol	omega-Pentadecalactone
Aconitic Acid	Dill Seed Oil and Extract	Isobutyl Cinnamate	2,3-Pentanedione
dl-Alanine	meta-Dimethoxybenzene	Isobutyl Phenylacetate	2-Pentanone
Alfalfa Extract	para-Dimethoxybenzene	Isobutyl Salicylate	4-Pentenoic Acid
Allspice Extract,Oleoresin, and Oil	2,6-Dimethoxyphenol	2-Isobutyl-3-Methoxy-pyrazine	2-Pentylpyridine
Allyl Hexanoate	Dimethyl Succinate	alpha-Isobutylphenethyl Alcohol	Pepper Oil, Black And White
Allyl Ionone	3,4-Dimethyl-1,2 Cyclopentanedione	Isobutyraldehyde	Peppermint Oil
Almond Bitter Oil	3,5- Dimethyl-1,2-Cyclopentanedione	Isobutyric Acid	Peruvian (Bois De Rose) Oil
Ambergris Tincture	3,7-Dimethyl-1,3,6-Octatriene	d,l-Isoleucine	Petitgrain Absolute, Mandarin Oil and Terpeness Oil
Ammonia	4,5-Dimethyl-3-Hydroxy-2,5-Dihydrofuran-2-One	alpha-Isomethylionone	alpha-Phellandrene
Ammonium Bicarbonate	6,10-Dimethyl-5,9-Undecadien-2-One	2-Isopropylphenol	2-Phenethyl Acetate
Ammonium Hydroxide	3,7-Dimethyl-6-Octenoic Acid	Isovaleric Acid	Phenethyl Alcohol
Ammonium Phosphate Dibasic	2,4 Dimethylacetophenone	Jasmine Absolute, Concrete and Oil	Phenethyl Butyrate
Ammonium Sulfide	alpha,para-Dimethylbenzyl Alcohol	Kola Nut Extract	Phenethyl Cinnamate
Amyl Alcohol	alpha,alpha-Dimethylphenethyl Acetate	Labdanum Absolute and Oleoresin	Phenethyl Isovalerate
Amyl Butyrate	alpha,alpha-Dimethylphenethyl Butyrate	Lactic Acid	Phenethyl Salicylate
Amyl Formate	2,3-Dimethylpyrazine	Lauric Acid	Phenethyl Isobutyrate
Amyl Octanoate	2,5-Dimethylpyrazine	Lauric Aldehyde	Phenethyl Isovalerate
Alpha-Amylcinnamaldehyde	2,6-Dimethylpyrazine	Lavandin Oil	Phenethyl Phenylacetate
Amyris Oil	Dimethyltetrahydrobenzofuranone	Lavender Oil	Phenethyl Salicylate
trans-Anethole	delta-Dodecalactone	Lemon Oil and Extract	1-Phenyl-1-Propanol
Angelica Root Extract, Oil and Seed Oil	gamma-Dodecalactone	Lemongrass Oil	3-Phenyl-1-Propanol
Anise	para-Ethoxybenzaldehyde	1-Leucine	2-Phenyl-2-Butenal
Anise Star, Extract and Oils	Ethyl 10-Undecenoate	Levulinic Acid	4-Phenyl-3-Buten-2-ol
Anisyl Acetate	Ethyl 2-Methylbutyrate	Licorice Root, Fluid, Extract and Powder	4-Phenyl-3-Buten-2-One
Anisyl Alcohol	Ethyl Acetate	Lime Oil	Phenylacetaldehyde
Anisyl Formate	Ethyl Acetoacetate	Linalool	Phenylacetic Acid
Anisyl Phenylacetate	Ethyl Alcohol	Linalool Oxide	1-Phenylalanine
Apple Juice Concentrate, Extract, and Skins	Ethyl Benzoate	Linalyl Acetate	3-Phenylpropionaldehyde
Apricot Extract and Juice Concentrate	Ethyl Butyrate	Linden Flowers	3-Phenylpropionic Acid
1-Arginine	Ethyl Cinnamate	Lovage Oil And Extract	3-Phenylpropyl Acetate
Asafetida Fluid Extract And Oil	Ethyl Decanoate	1-Lysine]	3-Phenylpropyl Cinnamate
Ascorbic Acid	Ethyl Fenchol	Mace Powder, Extract and Oil	2-(3-Phenylpropyl)Tetrahydrofuran
1-Asparagine Monohydrate	Ethyl Furoate	Magnesium Carbonate	Phosphoric Acid
1-Aspartic Acid	Ethyl Heptanoate	Malic Acid	Pimenta Leaf Oil
Balsam Peru and Oil	Ethyl Hexanoate	Malt and Malt Extract	Pine Needle Oil, Pine Oil, Scotch Pineapple Juice Concentrate
Basil Oil	Ethyl Isovalerate	Maltodextrin	alpha-Pinene, beta-Pinene
Bay Leaf, Oil and Sweet Oil	Ethyl Lactate	Maltol	D-Piperitone
Beeswax White	Ethyl Laurate	Malty Isobutyrate	Piperonal
Beet Juice Concentrate	Ethyl Levulinate	Mandarin Oil	Pipsisewa Leaf Extract
Benzaldehyde	Ethyl Maltol	Maple Syrup and Concentrate	Plum Juice
Benzaldehyde Glyceryl Acetal	Ethyl Methyl Phenylglycidate	Mate Leaf, Absolute and Oil	Potassium Sorbate
Benzoic Acid, Benzoin	Ethyl Myristate	para-Mentha-8-Thiol-3-One	1-Proline
Benzoin Resin	Ethyl Nonanoate	Menthol	Propenylguaethol
Benzophenone	Ethyl Octadecanoate	Menthone	Propionic Acid
Benzyl Alcohol	Ethyl Octanoate	Menthyl Acetate	Propyl Acetate
Benzyl Benzoate	Ethyl Oleate	di-Methionine	Propyl para-Hydroxybenzoate
Benzyl Butyrate	Ethyl Palmitate	Methoprene	Propylene Glycol
Benzyl Cinnamate	Ethyl Phenylacetate	2-Methoxy-4-Methylphenol	3-Propyldienephthalide
Benzyl Propionate	Ethyl Propionate	2-Methoxy-4-Vinylphenol	Prune Juice and Concentrate
Benzyl Salicylate	Ethyl Salicylate	para-Methoxybenzaldehyde	Pyridine
Bergamot Oil	Ethyl trans-2-Butenoate	1-(para-Methoxyphenyl)-1-Penten-3-One	Pyroligneous Acid And Extract
Bisabolene	Ethyl Valerate	4-(para-Methoxyphenyl)-2-Butanone	Pyrrrole
Black Currant Buds Absolute	Ethyl Vanillin	1-(para-Methoxyphenyl)-2-Propanone	Pyruvic Acid
Borneol	2-Ethyl (or Methyl)-(3,5 and 6)-Methoxy-pyrazine	Methoxy-pyrazine	Raisin Juice Concentrate
Bornyl Acetate	2-Ethyl-1-Hexanol, 3-Ethyl -2 -Hydroxy-2-Cyclopenten-1-One	Methyl 2-Furoate	Rhodinol
Buchu Leaf Oil	2-Ethyl-3, (5 or 6)-Dimethylpyrazine	Methyl 2-Octanoate	Rose Absolute and Oil
1,3-Butanediol	5-Ethyl-3-Hydroxy-4-Methyl-2(5H)-Furanone	Methyl 2-Pyrrolyl Ketone	Rosemary Oil
2,3-Butanedione	2-Ethyl-3-Methylpyrazine	Methyl Anisate	Rum
1-Butanol	4-Ethylbenzaldehyde	Methyl Anthranilate	Rum Ether
2-Butanone	4-Ethylguaiacol	Methyl Benzoate	Rye Extract
4(2-Butenylidene)-3,5,5-Trimethyl-2-Cyclohexen-1-One	para-Ethylphenol	Methyl Cinnamate	Sage, Sage Oil, and Sage Oleoresin
Butter, Butter Esters, and Butter Oil	3-Ethylpyridine	Methyl Dihydrojasmonate	Salicylaldehyde
Butyl Acetate	Eucalyptol	Methyl Ester of Rosin, Partially Hydrogenated	Sandalwood Oil, Yellow
Butyl Butyrate	Farnesol	Methyl Isovalerate	Scareolide
Butyl Butyryl Lactate	D-Fenchone	Methyl Linoleate (48%)	Skatole
Butyl Isovalerate	Fennel Sweet Oil	Methyl Linolenate (52%) Mixture	Smoke Flavor
Butyl Phenylacetate	Fenugreek, Extract, Resin, and Absolute	Methyl Naphthyl Ketone	Snakeroot Oil
Butyl Undecylenate	Fig Juice Concentrate	Methyl Nicotinate	Sodium Acetate
3-Butylidene-phthalide	Food Starch Modified	Methyl Phenylacetate	Sodium Benzoate
Butyric Acid]	Furfuryl Mercaptan	Methyl Salicylate	Sodium Bicarbonate
Cadinene	4-(2-Furyl)-3-Buten-2-One	Methyl Sulfide	Sodium Carbonate
Caffeine		3-Methyl-1-Cyclopentadecanone	Sodium Chloride
Calcium Carbonate		4-Methyl-1-Phenyl-2-Pentanone	Sodium Citrate
Camphene			Sodium Hydroxide
Cananga Oil			Solanone
			Spearmint Oil
			Styrax Extract, Gum and Oil

<p>Capsicum Oleoresin                      Caramel Color                      Caraway Oil                      Carbon Dioxide                      Cardamom Oleoresin, Extract, Seed Oil, and Powder                      Carob Bean and Extract                      beta-Carotene                      Carrot Oil                      Carvacrol                      4-Carvomenthenol                      1-Carvone                      beta-Caryophyllene                      beta-Caryophyllene Oxide                      Cascarilla Oil and Bark Extract                      Cassia Bark Oil                      Cassie Absolute and Oil                      Castoreum Extract, Tincture and Absolute                      Cedar Leaf Oil                      Cedarwood Oil Terpenes and Virginiana                      Cedrol                      Celery Seed Extract, Solid, Oil, and Oleoresin                      Cellulose Fiber                      Chamomile Flower Oil And Extract                      Chicory Extract                      Chocolate                      Cinnamaldehyde                      Cinnamic Acid                      Cinnamon Leaf Oil, Bark Oil, and Extract                      Cinnamyl Acetate                      Cinnamyl Alcohol                      Cinnamyl Cinnamate                      Cinnamyl Isovalerate                      Cinnamyl Propionate                      Citral                      Citric Acid                      Citronella Oil                      dl-Citronellol                      Citronellyl Butyrate                      itronellyl Isobutyrate                      Civet Absolute                      Clary Oil                      Clover Tops, Red Solid Extract                      Cocoa                      Cocoa Shells, Extract, Distillate And Powder                      Coconut Oil                      Coffee                      Cognac White and Green Oil                      Copaiba Oil                      Coriander Extract and Oil                      Corn Oil                      Corn Silk                      Costus Root Oil                      Cubeb Oil                      Cuminaldehyde                      para-Cymene                      1-Cystein                      Dandelion Root Solid Extract                      Davana Oil                      2-trans, 4-trans-Decadienal                      delta-Decalactone                      gamma-Decalactone</p>	<p>Galbanum Oil                      Genet Absolute                      Gentian Root Extract                      Geraniol                      Geranium Rose Oil                      Geranyl Acetate                      Geranyl Butyrate                      Geranyl Formate                      Geranyl Isovalerate                      Geranyl Phenylacetate                      Ginger Oil and Oleoresin                      1-Glutamic Acid                      1-Glutamine                      Glycerol                      Glycyrrhizin Ammoniated                      Grape Juice Concentrate                      Guaiac Wood Oil                      Gualacol                      Guar Gum                      2,4-Heptadienal                      gamma-Heptalactone                      Heptanoic Acid                      2-Heptanone                      3-Hepten-2-One                      2-Hepten-4-One                      4-Heptenal                      trans -2-Heptenal                      Heptyl Acetate                      omega-6-Hexadecenlactone                      gamma-Hexalactone                      Hexanal                      Hexanoic Acid                      2-Hexen-1-Ol                      3-Hexen-1-Ol                      cis-3-Hexen-1-Yl Acetate                      2-Hexenal                      3-Hexenoic Acid                      trans-2-Hexenoic Acid                      cis-3-Hexenyl Formate                      Hexyl 2-Methylbutyrate                      Hexyl Acetate                      Hexyl Alcohol                      Hexyl Phenylacetate                      1-Histidine                      Honey                      Hops Oil                      Hydrolyzed Milk Solids                      Hydrolyzed Plant Proteins                      5-Hydroxy-2,4-Decadienoic Acid                      delta- Lactone                      4-Hydroxy-2,5-Dimethyl-3(2H)-Furanone                      2-Hydroxy-3,5,5-Trimethyl-2-Cyclohexen-1-One                      4-Hydroxy -3-Pentenoic Acid Lactone                      2-Hydroxy-4-Methylbenzaldehyde                      4-Hydroxybutanoic Acid Lactone                      Hydroxycitronellal                      6-Hydroxydihydrotheaspirane                      4-(para-Hydroxyphenyl)-2-Butanone                      Hyssop Oil                      Immortelle Absolute and Extract                      alpha-Ionone                      beta-Ionone                      alpha-Irone</p>	<p>5-Methyl-2-Phenyl-2-Hexenal                      5-Methyl-2-Thiophenecarboxaldehyde                      6-Methyl-3,-5-Heptadien-2-One                      2-Methyl-3-(para-Isopropylphenyl) Propionaldehyde                      5-Methyl-3-Hexen-2-One                      1-Methyl-3Methoxy-4-Isopropylbenzene                      4-Methyl-3-Pentene-2-One                      2-Methyl-4-Phenylbutylaldehyde                      6-Methyl-5-Hepten-2-One                      4-Methyl-5-Thiazoleethanol                      4-Methyl-5-Vinylthiazole                      Methyl-alpha-Ionone                      Methyl-trans-2-Butenoic Acid                      4-Methylacetophenone                      para-Methylanisole                      alpha-Methylbenzyl Acetate                      alpha-Methylbenzyl Alcohol                      2-Methylbutylaldehyde                      3-Methylbutylaldehyde                      2-Methylbutyric Acid                      alpha-Methylcinnamaldehyde                      Methylcyclopentenolone                      2-Methylheptanoic Acid                      2-Methylhexanoic Acid                      3-Methylpentanoic Acid                      4-Methylpentanoic Acid                      2-Methylpyrazine                      5-Methylquinoxaline                      2-Methyltetrahydrofuran-3-One                      (Methylthio)Methylpyrazine (Mixture Of Isomers)                      3-Methylthiopropionaldehyde                      Methyl 3-Methylthiopropionate                      2-Methylvaleric Acid                      Mimosa Absolute and Extract                      Molasses Extract and Tincture                      Mountain Maple Solid Extract                      Mullein Flowers                      Myristaldehyde                      Myrrhic Acid                      Myrrh Oil                      beta-Naphthyl Ethyl Ether                      Nerol                      Neroli Bigarde Oil                      Nerolidol                      Nona-2-trans,6-cis-Dienal                      2,6-Nonadien-1-Ol                      gamma-Nonalactone                      Nonanal                      Nonanoic Acid                      Nonanone                      trans-2-Nonen-1-Ol                      2-Nonenal                      Nonyl Acetate                      Nutmeg Powder and Oil                      Oak Chips Extract and Oil                      Oak Moss Absolute                      9,12-Octadecadienoic Acid (48%)                      And 9,12,15-Octadecatrienoic Acid (52%)                      delta-Octalactone                      gamma-Octalactone                      Octanal                      Octanoic Acid                      1-Octanol                      2-Octanone                      3-Octen-2-One                      1-Octen-3-Ol                      1-Octen-3-Yl Acetate                      2-Octenal                      Octyl Isobutyrate                      Oleic Acid</p>	<p>Sucrose Octaacetate                      Sugar Alcohols                      Sugars                      Tagetes Oil                      Tannic Acid                      Tartaric Acid                      Tea Leaf and Absolute                      alpha-Terpineol                      Terpinolene                      Terpinyl Acetate                      5,6,7,8-Tetrahydroquinoxaline                      1,5,5,9-Tetramethyl-13-Oxatricyclo(8.3.0.0(4,9))Tridecane                      2,3,4,5, and 3,4,5,6-Tetramethylethyl-Cyclohexanone                      2,3,5,6-Tetramethylpyrazine                      Thiamine Hydrochloride                      Thiazole                      1-Threonine                      Thyme Oil, White and Red                      Thymol                      Tobacco Extracts                      Tocopherols (mixed)                      Tolu Balsam Gum and Extract                      Tolualdehydes                      para-Tolyl 3-Methylbutyrate                      para-Tolyl Acetaldehyde                      para-Tolyl Acetate                      para-Tolyl Isobutyrate                      para-Tolyl Phenylacetate                      Triacetin                      2-Tridecanone                      2-Tridecenal                      Triethyl Citrate                      3,5,5-Trimethyl -1-Hexanol                      para,alpha,alpha-Trimethylbenzyl Alcohol                      4-(2,6,6-Trimethylcyclohex-1-Enyl)But-2-En-4-One                      2,6,6-Trimethylcyclohex-2-En-1,4-Dione                      2,6,6-Trimethylcyclohexa-1,3-Dienyl Methan                      4-(2,6,6-Trimethylcyclohexa-1,3-Dienyl)But-2-En-4-One                      2,2,6-Trimethylcyclohexanone                      2,3,5-Trimethylpyrazine                      1-Tyrosine                      delta-Undercalactone                      gamma-Undecalactone                      Undecanal                      2-Undecanone, 1                      0-Undecenal                      Urea                      Valencene                      Valeraldehyde                      Valerian Root Extract, Oil and Powder                      Valeric Acid                      gamma-Valerolactone                      Valine                      Vanilla Extract And Oleoresin                      Vanillin                      Veratraldehyde                      Vetiver Oil                      Vinegar                      Violet Leaf Absolute                      Walnut Hull Extract                      Water                      Wheat Extract And Flour                      Wild Cherry Bark Extract                      Wine and Wine Sherry                      Xanthan Gum                      3,4-Xylenol                      Yeast</p>
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