



What Are Some of the Harmful Ingredients in Secondhand Smoke?

Secondhand smoke is composed of mainstream smoke and sidestream smoke. Mainstream smoke is what comes out of a smoker's mouth. Sidestream smoke is produced at the lit end of the burning cigarette.

The ingredients listed below are components of both the smoke inhaled by smokers and secondhand smoke.

Some of the Harmful Chemical Substances Found in Cigarette Smoke

4-Aminobiphenyl*	2-Nitropropane**
Arsenic*	N-Nitrosodi-n-butylamine**
Benzene*	N-Nitrosodiethanolamine**
Chromium VI*	N-Nitrosodiethylamine**
2-Naphthylamine*	N-Nitroso-n-methylethylamine**
Nickel*	N'-Nitrosonoronicotine**
Vinyl chloride*	N-Nitrosopiperidine**
Acetaldehyde**	N-Nitrosopyrrolidine**
Acetamide**	Styrene**
Acrylonitrile**	2-Toluidine**
o-Anisidine**	Urethane**
Benzaanthracene**	Acetone
Benzobfluoranthene**	Acrolein
Benzojfluoranthene**	Ammonia
Benzokfluoranthene**	Aniline
Benzoapyrene**	1,3-Butadiene
Cadmium**	Captan
DDT**	Carbon disulfide
Dibenza,hacridine**	Carbon monoxide
Dibenza,jacridine**	Catechol
Dibenza,hanthracene**	Chrysene
7H-Dibenzoc,gcarbazole**	Hydrogene cyanide
Dibenzoa,epyrene**	Hydroquinone
Dibenzoa,hpyrene**	1-Naphthylamine
Dibenzoa,ipyrene** Dibenzoa,lpyrene**	Phenol
1,1-Dimethylhydrazine**	Pyridine
Formaldehyde**	Quinoline
Lead**	Toluene

* known human carcinogen, according to the International Agency for Research on Cancer and/or the Environmental Protection Agency.

** possible human carcinogen, according to the International Agency for Research on Cancer and/or the Environmental Protection Agency.



Canadian Council for Tobacco Control
Conseil canadien pour le contrôle du tabac



Sources:

National Cancer Institute. Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency. Smoking and Tobacco Control Monograph no. 10. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute. 1999.

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