

**BENZENE**  
AN INGREDIENT IN PAINT STRIPPER

**AMMONIA**  
THE BLEACH FOUND IN TOILET CLEANER

**HYDROGEN CYANIDE**  
USED IN RAT POISON

**ACETONE**  
THE CHEMICAL IN NAIL POLISH REMOVER



**WHEN YOU SMOKE YOU INHALE OVER 4,000 CHEMICALS**

Cigarette smoke is a toxic, poisonous mix of substances.  
And smoking delivers it straight into your body.



Australian Government

**NOW IS THE TIME TO QUIT.**  
[australia.gov.au/quitnow](http://australia.gov.au/quitnow)

**Quitline**  
**131 848**

Every cigarette is doing you damage