



# What are you smoking?

rocket fuel  
(methanol)

lead

paint thinner  
(toluene)

gasoline  
(butane)

mercury

insecticides

rechargeable batteries  
(cadmium)

nail polish remove  
(acetone)

More than 4,000 chemicals.

Including hydrogen cyanide...  
the poison used in gas chamber  
executions! Do you need another  
reason to quit?

For free help quitting, call **1800-NO-BUTTS**