

# HAVE YOU EVER STOPPED TO THINK WHAT'S REALLY INSIDE?

find out more  
[www.cancer.ie](http://www.cancer.ie)



aviation fuel (methanol)

TOBACCO SMOKE CONTAINS 7,000 CHEMICALS

explosives (toluene)



ant poison (arsenic)



floor cleaner (ammonia)



nail polish remover (acetone)



insecticide (DDT)



Fast acting weedkiller

weed killer (nicotine)



For quitting advice and support:

- Freephone: HSE QUIT Team on 1800 201 203
- Freetext: QUIT to 50100