



Tobacco Product: Brand X Roll Your Own Tobacco






All tobacco products contain chemicals.

The purpose of this list is to provide information about the chemicals in this tobacco product that researchers have linked to health problems. Research is on going to find out which chemicals in tobacco and tobacco smoke cause harm.

There may be other health problems and chemicals that have not been discovered yet.

Tobacco companies test their tobacco for these chemicals and report the amounts to the FDA.






Please note: There is no safe tobacco product. Based on what we currently know, you can not tell your chance of developing a health problem by the number of chemicals or the amount of a chemical in a tobacco product.

Amount Per Gram	Amount Per Cigarette	CHEMICAL					
170 - 370 mg	◆	Ammonia		■			
40 - 120 ng	◆	Arsenic	■		■	■	
41 - 62ng	◆	Cadmium	■	■		■	
0.1 – 1.6 µg	◆	4-(Methylnitrosamino)-1-(3-pyridyl)-1-butanone (NNK)	■				
11.3 – 26.7 mg	◆	Nicotine				■	■
0.9 – 6.9 µg	◆	N-Nitrosornicotine (NNN)	■				

There are many other chemicals that have been linked to the health problems on this list. The information on these chemicals is not currently available.

KEY

Chemicals have been linked to:

-  Cancer
-  Lung Disease
-  Heart and Blood Vessel Problems
-  Reproductive Problems
-  Addiction

ND Not Detected

◆ The information is not currently available



Where do these chemicals come from?

Many of these chemicals come from the **tobacco leaf** and the **smoke**. The rest come from the filter, glue, ink, paper and additives.

mg= milligram
 µg = microgram
 ng = nanogram
 pg= picogram

A machine is used to test for these chemicals. The amount of chemical that gets into the body may be higher or lower depending on how a person uses the tobacco product. Companies may use different tests to measure these chemicals. Results may vary.