

## Social Media Content for Chemicals 101

### *Tweets*

- There is #NoSafeTobacco. Watch @FDATobacco's video series on chemicals in tobacco from plant to cigarette to puff [<http://go.usa.gov/x9sZy>] (138 characters) [Attach Every Stage .gif]
- When burned, natural & added sugars in cigs form the carcinogen acetaldehyde. Learn more: [<http://go.usa.gov/x9sZw>] #NoSafeTobacco #NDAFW (136 characters) [Attach Every Stage .gif]
- Some of the toxic chemicals in tobacco are present in the plant itself. Learn more from @FDATobacco: [<http://go.usa.gov/x9sZp>] #NoSafeTobacco (139 characters)[Attach Toxic Chemicals .gif]
- Benzene: a chemical found in gasoline & cigarette smoke. Learn more from @FDATobacco: [<http://go.usa.gov/x9sZH>] #NoSafeTobacco (124 characters)
- Over 70 chemicals in cigarette smoke can cause cancer. Learn about chemicals & cigs from @FDATobacco [<http://go.usa.gov/x9sZH>] #NoSafeTobacco (140 characters) [Attach Every Stage .gif]
- Even "natural" & "additive-free" cigarettes contain toxic chemicals. Learn more from @FDATobacco: [<http://go.usa.gov/x9sZy>] #NoSafeTobacco (137 characters)
- Smoking can damage the heart & blood vessels. Learn about toxic chemicals in cigs from @FDATobacco: [<http://go.usa.gov/x9sZy>] #NoSafeTobacco (138 characters) [Attach Block Blood .gif]
- When tobacco is cured, cancer-causing chemicals can form in the leaves. Learn more: [<http://go.usa.gov/x9sZw>] #NoSafeTobacco (123characters)
- Ammonia can be added to cigarettes to increase nicotine absorption. Learn more from @FDATobacco: [<http://go.usa.gov/x9sZw>] #NoSafeTobacco (135 characters)
- Toxic chemicals build up in the tobacco plant as it grows. Learn more from @FDATobacco: [<http://go.usa.gov/x9sZp>] #NoSafeTobacco (126 characters) [Attach Toxic Chemicals .gif]

### *Facebook Posts*

- Did you know that most of the chemicals in cigarettes exist in the tobacco plant itself and are not added? Learn more from FDA's [link to FDA] Center for Tobacco Products: [<http://go.usa.gov/x9sZb>] [Attach Toxic Chemicals .gif]
- Nearly 9 out of 10 adult smokers began smoking before age 18. The tobacco plant contains nicotine, which can cause addiction. Learn more about chemicals in tobacco from FDA's [link to FDA's Facebook page] new video series: [<http://go.usa.gov/x9sZb>] [Attach Toxic Chemicals .gif]
- Any amount of smoking can damage the heart & blood vessels. This American Heart Month, learn more about the dangers of chemicals in cigarettes from FDA's [link to FDA's Facebook page] Center for Tobacco Products: [<http://go.usa.gov/x9sZb>] [Attach Heart Month image]