

TOXIC METAL SOURCES

METALS

SOURCES

ALUMINUM:	Cookware, Antacids, Antiperspirants, Aluminum Cans, Kitchen Utensils, Paints, Dental Composites
ANTIMONY:	Foods, Tobacco, Solder, Metalwork, Flame Retardant in Fabrics, Adhesives, Batteries, Pigments, Mining and Smelting
ARSENIC:	Poisons, Pigments, Dyes, Wood Preservative, Insecticides, Wine, Well Water, Coal Burning, Seafood (shellfish), Treated Lumber, Beer
BARIUM:	Medical X-Ray Exams, Clay Materials, Ceramics
CADMIUM:	Water from Galvanized Pipes, Evaporated Milk, Shellfish, Cigarette Smoke, Pigments, Air Pollution, Coffee, Batteries, Plastics
CHROMIUM:	Dyes, Pigments, Air Pollution, Dental Crowns
COPPER:	Copper Plumbing, Beer, Swimming Pool Chemicals, Copper Cookware, Inorganic Mineral Supplements, Dental Crowns, Insecticides, Beer,
GOLD:	Dental Fillings, Jewelry, Injections for Arthritis
IRON:	Dyes, Inks, Paints, Pigments, Poor Inorganic Mineral Supplements in Food
LEAD:	Car Exhaust, Paint, Plumbing, Canned Food, Newsprint, Tap Water, Solder, Batteries, Road Dust, Insecticide
MANGANESE:	Ceramics, Antiseptics, Dyes, Medicines, Steel Products, Air Pollution, Water Supply
MERCURY:	Dental Fillings, Mercury Vapor Lamps, Seafood, Polluted Water, Vaccinations, Cosmetics, Gunpowder, Tattoos, Some Paint, Wood Preservations
NICKEL:	Cigarettes, Dental Crowns, Cocoa, Chocolate, Water, Batteries, Hydrogenated Oils & Fats
RADIUM:	Soil, Water, Plants, Radiation Treatment for Cancer, X-Rays, Soil, Tobacco Smoke, Cell Phones, Video Displays, Microwave Ovens
SILVER:	Dental Fillings, Jewelry
TIN:	Canned Foods, Industrial Pollutants, Processed Foods
TITANIUM:	Pigments in Paints, Preservatives in Medicines, Tap/Well Water, Dental Crowns, Implants
URANIUM:	Soil, Rocks, Environment, Air
ZINC:	Poor Quality Inorganic Supplements in Food