

# Common Causes of Toxicity – HEAVY METALS

## Aluminum:

- cookware
- antacids
- antiperspirants
- aluminum cans
- kitchen utensils
- paints
- dental composites

## Arsenic:

- poisons
- pigments
- dyes
- wood preservative
- insecticides
- wine
- well water
- coal burning
- seafood (shellfish)
- treated lumber

## Antimony:

- found mostly in pigments and medicines

## Cadmium:

- water from galvanized pipes
- evaporated milk
- shellfish
- cigarette smoke
- sewage sludge
- paint
- pigments
- air pollution

## Chromium:

- dyes
- pigments
- air pollution
- dental crowns

## Copper:

- copper plumbing
- sewage sludge
- beer
- swimming pools
- copper cookware
- inorganic mineral supplements
- dental crowns

## 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
- hair dyes
- newsprint
- tap water

## Manganese:

- ceramics
- antiseptics
- dyes
- medicines
- steel products
- air pollution
- water supply

# Common Causes of Toxicity – HEAVY METALS

## Mercury:

- dental fillings
- mercury vapor lamps
- seafood, polluted water
- skin lightening creams
- sewage sludge
- vaccinations

## Nickel:

- cigarettes
- dental crowns

## Silver:

- dental fillings, jewelry

## Tin:

- canned foods

## Titanium:

- pigments in paints
- preservatives in medications
- tap and well water
- dental crowns
- implants

## Zinc:

- poor quality inorganic supplements in food