**Common Sources of Toxicity**

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| **Metals** | **Sources** |
| Aluminum | Cookware, Antacids, Antiperspirants, Aluminum Cans, Kitchen Utensils, Paints, Dental Composites |
| Arsenic | Poisons, Pigments, Dyes, Wood Preservatives, Insecticides, Wine, Well Water, Coal Burning, Seafood (shellfish), Treated Lumber |
| Antimony | Found mostly in medicines and pigments |
| 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, Newspring, Tap Water |
| Manganese | Ceramics, Antiseptics, Dyes, Medicines, Steel Products, Air Pollution, Water Supply |
| 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/Well Water, Dental Crowns, Implants |
| Zinc | Poor Quality Inorganic Supplements |

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| **Chemicals** | **Sources** |
| Acetate/tones | Nail Polish Remover, Paint Thinners and Removers |
| Chlorine | Drinking Water, Swimming Pools |
| Dry Cleaning Chemicals | Dry Cleaned Clothing |
| Food Colors | Packaged Foods |
| Formaldehyde | New Building Materials, Carpets, NutraSweet, New Clothes |
| Fragrances | Perfumes, Cleaning and Other Products |
| Heavy Chemicals | Dioxins, Toluene, Stryene, Xylem |
| Hydrocarbons | Exhausts |
| Medications | All of them |
| Pesticides | Herbicides, Fungicides, Bug-Killers |
| Petroleum Solvents | Isopropyl Alcohol, Skin Care, Laundry and Housecleaning Detergents |
| Plastic Mix | Food and Water Packaging Materials |
| Preservatives | Packaged Foods |