METAL	COMMON SOURCES
Aluminum	Vaccines, antiperspirants, aluminum foil, teas especially mint and peppermint (all teas have aluminum), animal feed, antacids, aspirin, astringents, auto exhaust, used as an anticaking and drying agent (in flour, baking powers and table salt), beverages in aluminum cans (soda, beer, juice), ceramics, cheese (processed), cigarette smoke, clays like bentonite, color additives, cookware, cosmetics, mercury amalgam fillings, 'natural' deodorant stones and crystals, tap water (used to cause sediment to sink to the bottom of municipal water sources), some medications, nasal spray, pesticides, pollution, toothpaste, vanilla powder, and occupational exposure.
Americium	Living or working close to nuclear facilities, factories using Americium (smoke detector), nuclear accidents.
Arsenic	Conventionally raised poultry and commercial chicken feed, some beer, treated wood (wood preservatives), coal combustion, drinking water, pesticides, fungicides and insecticides, glass and mirror manufacturing, paints, pigments, table salt, tobacco smoke, rice and rice products organic has much less), cosmetics, seafood from coastal waters (especially oysters and shrimp), soil, hazardous waste, wine, electronic and photoelectric processes.
Antimony	Drinking/tap water, brake-pedal systems for heavy-weight vehicles, flame-retardants, glass-making ceramics, pigments, batteries, medicines.
Barium	Groundwater contamination, cigarette/tobacco smoke, paint pigments, pyrotechnics (signal flares, fireworks), cathode-ray tubes in plasma screens, flat panel display devices, manufacturing of ceramics and some types of glass, clay slurries used in drilling oil wells, paper filler, barium sulfate beverages (used in certain medical procedures), rat poison, filler for rubber, plastics, and resin.
Beryllium	Tobacco smoke, air pollution (burning fossil fuels) coal burning, dental crowns, electronics, glass, manufacture of plastics and household products, industrial dust, metal work, mining, steel alloys, volcanic ash, and X-ray tubes.
Cadmium	Industrial pollution, weathering rocks, forest fires, volcanoes, exposed foods (liver, mushrooms, shellfish, mussels, cocoa powder, dried seaweed), evaporated milk, air pollution, tobacco, mining, phosphorus fertilizers, soft water, welding, batters, pigments, metal coatings, plastics, galvanized pipes, sewage sludge.
Chromium (hexavalent compounds)	Textile dyes, wood preservatives, anti-corrosion and conversion coatings, paints, inks, plastics, welding, grinding or brazing stainless steel, commercial diet-aids, cement, cheese (American), dental materials jewelry, oysters, paint pigments, tattoos, tobacco smoke.
Cobalt	Batteries, hair dyes, magnets, radioactive solutions, tires
Copper	Water pipes, IUDs, mining waste, cookware, coins, commercial vitamins/mineral supplements, zinc deficiencies, congenital toxicity, birth control pills, pesticides, herbicides, dental crowns, some beers, swimming pools.
Cyanide	Smoke inhalation from industrial fires.
Gold	Dental materials, jewelry, electrical connectors, computers, electrical wiring, solder, nuclear medicine, injections for arthritis, electromagnetic radiation reflector, radio-wave reflector, CDs, conductive coatings, dishes with gold leaf.
Iron	Blood transfusions, white flour, "enriched" flour products, commercial vitamin supplements and tonics, drinking water, tobacco, air pollution, shellfish, welding, solder, iron pipes, steel fabrication.
Lead	Auto exhaust, batteries and battery manufacturing, cigarette smoke, coal combustion, colored inks, cosmetics, root canals, eating utensils, electroplating,gasoline, glass production, glazes, hair dyes, industrial emissions, lead pipes, lead glazed earthenware pottery, mascara, metal polish, milk, newsprint, paints, pencils, pesticide residues, PVC containers, rain water, smelters, cans with lead solder sealing (such as juices, vegetables), tobacco and tobacco smoke, toothpaste, water (city/well/tap), wine, toys, car batteries, ammunition, stained glass, and computer, television screens.
Lithium	Small amounts are found in wide variety of foods, lubricating grease, batteries, ceramics and glass, used in some medications.
Manganese	Well/tap water, auto exhaust, gasoline, batteries, ceramics, soy infant formula, fertilizers and pesticides, hair products, antiseptics, dyes.
Mercury	Dental mercury amalgam fillings, fish and shellfish (especially tuna, shark, mackerel, swordfish, and other large fish) vaccines, fungicides, soil, eye drops, soft contact lens solution, latex and oil-based antiseptics, battery manufacturing, body powders, bleached flour, broken thermometers, calomel lotions, some Chinese herbs, cleaners and disinfectants including Ajax, Lysol, Comet, Derma Scrub, Dove soap, and Ivory liquid soap, chlorine and chlorine bleach, congenital intoxication (acquired in utero), cosmetics, diuretics, dyes, embalming fluid, engraving supplies, exhaust fumes, fabric softeners, felt, fertilizers, inks, laxatives, lumber, paints, paper manufacturing, some medications, photo engraving, preparation H, psoriasis ointment, sewage disposal and sludge, skin lightening creams, tattooing, water (contaminated) waxes (including floor), wood preservatives, industrial waste dumping.
Nickel	Air pollution from combustion of fossil fuels, batteries, baking powder, coins, cosmetics, dental restorations and orthodontics, electroplating, hydrogenated vegetable oils (shortening, Crisco, fast food, margarine, processed foods, imitation whipped cream, interesterified fats, partially hydrogenated fats), nickel-plated jewelry, nickel-plated machine parts and tools, electroplating, welding, prostheses (like hip, knee, cochlear and cardiac implants), spark plugs, stainless steel cookware and utensils, cardiac stents, soil, tobacco smoke, water, rooibos tea and red teas, occupational exposure.
Platinum	Catalytic converters, dental fillings, jewelry, pacemakers, tobacco smoke

Plutonium	Inhaling contaminated dust or consuming contaminated food and water near weapon/nuclear production or testing facilities.
Polonium	Tobacco and cigarettes.
Radium	Drinking water, ground water.
Silver	Coins, jewelry, silverware, photograph processing, burn treatment, anti-bacterial medicine, anti-smoking tablets, dental materials, food colorings.
Strontium	Air pollution, ceramic glazes, cathode-ray tubes for televisions, ceramic making, coal burning, glass making, making of fluorescent lights, some medicines, metal melting and casting, mining waste waters, municipal landfill operations, nuclear waste facilities, oil, paint pigments, pyrotechnics, scrap metal work (sorting, sales, and brokerage), soil, surface and underground water.
Thallium	Car exhaust, smog, ant killers, cardiac scanning (thallium isotopes are used in this procedure), cement plants, coal ash, inhalation of contaminated dust from pyrite burners, kale and other cruciferous vegetables, lead smelting, manufacture of electronics, low temperature thermometers, optical lenses, imitation precious jewels, semiconductors, scintillation counters, green-colored fireworks, oil drilling, anti-knock additive in some gasoline in areas where high-octane gas is in short supply, production of photoelectric cells, rodenticides, smelting activities, soil, water fluoridated with fluorosilicic acid, zinc smelting.
Thorium	Ceramics, gas lantern mantles, welding electrodes, flints for lighters, airport runway lighting, computer memory components, photoconductive film, target material for x-rays, and metals used in the aerospace industry
Tin	Air, cable coverings, canned foods or juices, dental amalgams, dyes, food additives, fungicides, some herbs, landfills, licorice, occupational exposure, PVC, raincoats (with PVC), rubber substitutes, seafood, soil, smelting, tin recovery from scrap metal, soaps, some toothpaste, stabilizers in plastics and molluscicides, and miticides, toys, tubing, upholstery textiles, water collected from galvanized (tin) roofs.
Titanium	Cosmetics, reflective optical coatings, opacifier white pigment, plastic, paper, ink, food, medicines, toothpastes, pearlescent and iridescent finishes, ceramic glazes, tattoos, sunscreens, surgical implants. Titanium dioxide is added toothpaste, candies, chewing gum, vegan cheese, powdered doughnuts, white cake icing, mayonnaise, yogurt, dietary supplements and pharmaceuticals. Titanium is used to make drill bits, bicycles, fishing rods, golf clubs, backpacking equipment, watches, designer jewelry, laptop computers, paint, plastics, ink, ceramics, rubber, paper, coated fabrics and textiles, floor coverings, roofing granules, coatings, aircraft, spacecraft, missiles, crutches, wheelchairs, surgical and dental instruments, dental implants, orthopedic implants, prostheses, and pacemakers
Uranium	Fukushima fallout, well water, contaminated soil, water filtered through volcanic rock, pottery glazes, high-energy X-rays, nuclear power plants, photographic chemicals, gyroscopic compasses, glassworks, artillery, war zones and anywhere military artillery is used or tested.
Zinc	Poor quality inorganic supplements, denture creams, mining, galvanized metals, zinc-carbon batteries, metal alloys, coins, sheet metals, sunscreens, cosmetics.
Chlorine	Water, swimming pools, hot tubs, bleach, hair bleach, work place exposure (bleaching of paper, plastic, textiles, medicines, antiseptics, insecticides, solvents and paints)
Flouride	Water, dental polish, pesticides, pharmaceuticals, processed foods & beverages, tea drinks, mechanically deboned meat, teflon pans, work place (aluminum, fertilizer, iron, oil refining, semi-conductor, steel industries)
Bromine	Fire retardants, commercial breads (potassium bromate), Brominated vegetable oil (BVO), soft drinks, , hydro-spa sanitizers, pharmaceuticals
Cesium	Erosion and weathering of rocks and minerals. Mines release cesium into the air, soil, and water. Released into the environment during the operation of nuclear power plants, the explosion of nuclear weapons, and from accidents involving nuclear power plants or nuclear-powered satellites or submarines. Commercially in vacuum tubes, tungsten filaments and cathodes, hydrogenation reactions, and petroleum drilling fluids. In manufacturing photoelectric cells, scintillation counters, and atomic clocks.
Gadolinium	Magnetic resonance imaging (MRI) contrast agents. Used in neutron shielding, microwave filtration, manufacture of color televisions, and titanium production.
Palladium	three-way catalytic converters in car exhaust systems. Production of hydrogenated oils, as well as in jewelry, and in dental fillings and crowns where it has replaced the use of mercury amalgams and gold.
Tungsten	Used in consumer products such as electronics, light bulb filaments, ceramic pigments, fire retardant coatings, fade-resistant dyes, cemented tungsten carbide grinding wheels, carbide-tipped tools, golf club components, fishing weights, darts, and “green” bullets. May be found in x-ray tubes, turbine blades, phonographic needles, welding electrodes, gyroscope wheels. Municipal water supplies
Zirconium	Photographic flashbulbs, surgical instruments, in prosthetics, dental restorations. Used to make the glass for television, steel manufacturing, paper and packaging industries.
Molybdenum	Production of stainless steel alloys, petroleum processing plants
Rubidium	Used in the manufacturing of photocells, special glasses, ceramics and fireworks (purple color effect). PET scans, imaging.