

COMMON METALS TEST KIT (24 vials)
Product Code 8010

Information is difficult to obtain on sources, deficiencies and toxic effects. This table is in no way comprehensive. Where no information on effects is listed this does NOT mean that none occurs. *The information under possible toxic effects in italics is taken from Hulda Clark's book.*

Code	Mineral	Non-food sources	Possible deficiency effects	Possible toxic effects
CM 1	Aluminium	aluminium cooking pans; aluminium foil; table salt & baking powder; aluminium cans; antacids; bleached flour; mains water treatment (aluminium sulphate); some food additives; deodorants; acid rain leaches aluminium out of the soil and into the ground water		contact dermatitis; skeletal demineralisation; slow learning; interference with calcium and phosphorus metabolism
CM 2	Beryllium	light structural material; beryllium oxide is used in ceramics		reduces stores of magnesium; reduces organ function; shortness of breath; coughing; lung inflammation; <i>tinnitus; alcoholism</i>
CM 3	Boron	enamel and glass; light weight components	arthritis	
CM 4	Cadmium	cigarette fumes; galvanised iron; pesticides; plastics; fertilisers; tyres; plating; component in alloys and solders; PVC stabiliser, pigments, paints, pottery		anaemia; kidney damage; probably carcinogenic; high blood pressure; lung damage; atherosclerosis; rat studies show it mimics effect of oestrogen; <i>leg pain in children & adults; arthritis; Alzheimer's</i>
CM 5	Calcium	preparation of other metals; calcium oxide important in chemical industry	reduction in peak bone mass; increased risk of osteoporosis in later life; nerve sensitivity; insomnia; chronic depression; synthesis and release of neurotransmitters	depressed nerve function, drowsiness, extreme lethargy, calcium deposits, kidney stones
CM 6	Chromium	dental work; metal plating & anodising aluminium ; stainless steel; leather tanning; paints; dyes; explosives; cement	diabetes; hypoglycaemia; alcohol intolerance; irritability; weakness	lung disease
CM 7	Cobalt	dental work; alloys; cobalt compounds used in paints and varnishes	anaemia	goitre; hypothyroidism; heart failure; <i>tremors; polycythemia</i>
CM 8	Copper	copper water pipes (particularly in soft water areas); some medicines; pesticides; fungicides; blood copper levels raised by the contraceptive pill; brake linings; wiring; some contraceptive devices; dental amalgam; coins	rheumatoid arthritis; cardiovascular disease; impaired immune system; affects bone & blood formation in infants; possible role in cardiovascular disease; rheumatoid arthritis	rheumatoid arthritis; cardiovascular disease; gastrointestinal irritation (similar to deficiency signs) <i>schizophrenia; cancer</i>

Code	Mineral	Non-food sources	Possible deficiency effects	Possible toxic effects
CM 9	Gold	dental alloy; jewellery; gold salts for treating rheumatoid arthritis		mouth ulceration; itching; eczema; seborrheic dermatitis; alopecia; inflamed gums; gastritis; colitis; blood abnormalities; kidney damage (from the effect of gold salts)
CM 10	Iron	metal for building; steel, toner for photocopiers and printers	anaemia; fatigue; cracking at corner of mouth; recurrent mouth ulcers; sore tongue; poor hair growth; brittle nails; generalised itching	abdominal pain; arthritis; loss of libido; damage to liver, heart and pancreas; people with certain neuro-degenerative disorders such as Parkinson's disease and dementia show excessive accumulation of iron in the brain
CM 11	Lead	leaded petrol fumes; old water pipes; leaded paint; lead plumbing; solder; improperly glazed pottery; cigarette ash; pewter; lead crystal ware		loss of appetite; constipation; headache; weakness; blue or black line on gums; anaemia; irritability; vomiting; poor co-ordination; unsteady gait; visual disturbances; delirium; paralysis; kidney failure; mainly deposited in bones and teeth; <i>leg pain in children; arthritis; tinnitus; seizures; schizophrenia; autism; cancer</i>
CM 12	Magnesium	alloys; batteries; glass; ceramics; fillers; flocculating agents; magnesium sulphate used in sugar refining	muscle dysfunction; irritability & tension; fatigue; PMS; apathy	muscle weakness; fatigue; sleepiness; hyper-excitability
CM 13	Manganese	textile bleaching, glass manufacture, fertilisers, compounds used in unleaded petrol and pesticides, pottery glazes	joint pains; dizziness; schizophrenia	lethargy; involuntary movements; impairment of voluntary movements; changes in muscle tone
CM 14	Mercury	dental amalgam; pesticides; fungicides; emissions from coal-burning power stations, contaminated fish, vaccines		tremor; muscle instability; sensory disturbances; gastrointestinal symptoms; dermatitis; liver and kidney damage; anaemia; mental deterioration; blue line on gums; <i>arthritis; MS; Alzheimer's; cancer</i>
CM 15	Nickel	Dental alloys; stainless steel; water boiled in a kettle with an element; clasps; jewellery; spectacles; buckles; keys; coins; diesel fumes; can be in flour as a result of milling; a catalyst for hydrogenating vegetable oils	may activate certain enzymes and play a role in stabilizing chromosomal material in cell nuclei but at the moment no known diseases are associated with a nickel deficiency	may be a factor in lung cancer; frontal headaches; vertigo; nausea; vomiting; chest pain; cough. Dermatitis from skin contact with nickel in sensitive people; <i>prostate problems; carcinogenic</i>
CM 16	Palladium	road dust from catalytic converters; dental work; electrical components		possibly carcinogenic

Code	Mineral	Non-food sources	Possible deficiency effects	Possible toxic effects
CM 17	Platinum	road dust from catalytic converters; high quality glassware; dental alloys	compounds have anti-tumour activity	
CM 18	Selenium	anti-dandruff shampoos; steel and glass additive	possible links with some forms of cancer & development of coronary heart disease; premature ageing	hair loss, nail changes and loss, fatigue, irritability, nausea, gastrointestinal problems, joint inflammation, "garlic breath", dental caries; skin depigmentation; irritability
CM 19	Silver	dental amalgam; jewellery; E174; electrical components; silver compounds used in photography		argyria (blue-grey/ashen grey darkening of the eyes, nose, throat, skin and nasal septum), kidney damage
CM 20	Sodium		muscle cramps; fatigue; nausea	hypertension; fluid retention
CM 21	Thallium	byproduct of zinc & lead production; optical lenses; jewellery; dyes; pigments; catalyst in organic synthesis; recreational drug contaminant		polyneuritis; fatigue; weight loss; possibly reduced immunity; <i>leg pain in adults; arthritis; MS; Alzheimer's; people in wheelchairs</i>
CM 22	Tin	dental amalgam; canning; solder in iron & copper pipes; compounds used in fungicides and glass coatings		nausea; colic; headache; weakness; fever; muscle pain; joint pain; tinnitus
CM 23	Titanium	dental work; surgical metal in hips etc.; jewellery; E171, mascara		<i>seizures</i>
CM 24	Zinc	galvanised iron; brass; solder; die-casting; tyres; zinc oxide is used in paints, rubber, textiles and plastics	persistent leg ulcers & pressure sores; red, greasy skin on face; skin problems, poor hair growth; dandruff; night blindness; brittle nails; white spots on nails	impaired copper & iron absorption; gastro-intestinal disturbances; mask-like fixed expression; difficulty in walking; slurred speech; hand tremor; involuntary laughter

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Dictionary of Minerals
Staying Healthy with Nutrition
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Oxford Textbook of Medicine Volume 1
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The Penguin Dictionary of Chemistry

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