



ARSENIC

Sources, Detection & Effects

Compliments of Dr. Donna F. Smith

Table of Contents

Sources of Arsenic.....	1
Roles In The Body.....	1
Antagonists.....	1
Hair Analysis Notes.....	1

Arsenic



Sources of Arsenic

- Organic arsenic (arsenate) is found in a variety of foods
- Inorganic arsenate or arsenite: brown rice, pesticides, beer, water, paint, cosmetics, pigments, rat poison, glass and mirror manufacture, fungicides, wood preservatives, commercial chicken feed.
- Table salt, i.e., brands that contain Sodium Chloride, like the brand, Morton.

Roles In The Body

Several laboratories believe that arsenic is an essential element in small quantities. Its functions are not clear, but may have to do with growth, and blood formation.

Antagonists

iodine, selenium

Hair Analysis Notes

Arsenite accumulates in the hair tissue, and hair analysis is considered a valuable means of detecting arsenic toxicity.