Silver Safety Pyramid™

Easily calculate safe oral usage amounts for any silver supplement (ionic silver or colloidal silver) based on the US EPA safety guideline.

This guide shows you how to easily limit your intake of silver from silver supplements to 25% of the US EPA’s RfD safety guideline for total daily oral intake of silver (thus leaving 75% of the RfD available to allow for the silver in your daily drinking water and food intake).

The Silver Safety Calculation is a simple method for easily determining safe usage limits for any silver supplement.

As with anything, responsible use is required. These guidelines provide a method for easily determining safe usage limits for any silver supplement.

The combined total of your “daily use” amounts (#1) and your “short-term use” amounts (#2) should not exceed the total shown for your “entire lifetime” (#3).

THE PURPOSE OF THESE GUIDELINES

Silver has been in the drinking water and food supply for thousands of years. It is a commonly occurring mineral that is considered harmless by the US Government when responsible limits on silver intake are maintained. Silver supplements have been used by millions of people, yet reports of skin discoloration from argyria are very rare; it occurs only with excessive intake.

Using it on a short-term basis

The general guideline we recommend is “1 spray equals about 3 drops” (3.5 drops to be extra prudent) the limits recommended herein are for silver intake from all silver supplements combined and provide only general guidelines. Users should make judgments about their intake of silver based on these guidelines and on their individual circumstances.

Nasal sprays: Some silver products are nasal sprays. The amounts used nasally should always be added in.

The Silver Safety Calculation assumes an average drop contains approximately 0.04683 grams of water.

* The EPA did not create and has not endorsed the Silver Safety Guideline or the Silver Safety Calculation. It has not represented that limiting silver intake from silver supplements to 25% of the RfD will limit total silver intake to safe levels or adheres to the RfD guideline.

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