

Materials Safety Data Sheet for Auro Gold and x10(Concentrated Minerals Solution)

	(A)	(B)	(C)	(D)	(E)	(F)
<i>elements</i>	x10 mg/L (ppm)	Auro Gold mg/L (ppm)	(Col. B div by 202.8 tsp/L) <i>Standard "Supershot"</i> mg/teaspoon	(Col. C div by 16 servings/tsp) <i>1 Serving Treated Water</i> mg/8 oz treated water*	<i>Recommended daily intake</i>	<i>Over dosage</i>
all S	68900.0	6,890.00	33.97435897	2.12339744		
iron	12600.0	1,260.00	6.21301775	0.38831361	8 mg	Doses larger than 20 mg may cause stomach upset, constipation and blackened stools
aluminum	10900.0	1,090.00	5.37475345	0.33592209		Health Canada only allows 50.12 mg of Aluminum to be consumed by an adult per day
magnesium	4160.0	416.00	2.05128205	0.12820513	400 mg	Doses larger than 400 mg may cause stomach problems and diarrhea
potassium	2070.0	207.00	1.02071006	0.06379438	4700 mg	Large doses may cause stomach upsets, intestinal problems or heart rhythm disorder
titanium	983.0	98.30	0.48471400	0.03029463		
calcium	263.0	26.30	0.12968442	0.00810528	1000 mg	Doses larger than 1500 mg may cause stomach problems for sensitive individuals
phosphorus	238.0	23.80	0.11735700	0.00733481	700 mg	The FDA states that doses larger than 250 mg may cause stomach problems for sensitive individuals
manganese	219.0	21.90	0.10798817	0.00674926	2.3 mg	Excess manganese may hinder iron adsorption
sodium	154.0	15.40	0.07593688	0.00474606	1500 mg	No information found
vanadium	25.0	2.50	0.01232742	0.00077046	< 1.8 mg	No information found
zinc	20.2	2.02	0.00996055	0.00062253	11 mg	Doses larger than 25 mg may cause anaemia and copper deficiency
silicon	< 0.257	1.27	0.00626233	0.00039140		
all cr	10.0	1.00	0.00493097	0.00030819		
Cerium	9.6	0.96	0.00473373	0.00029586		
copper	7.5	0.75	0.00369822	0.00023114	0.9 mg	As little as 10 mg of copper can have a toxic effect
cobalt	6.8	0.68	0.00335306	0.00020957		
strontium	6.5	0.65	0.00320513	0.00020032		
selenium	< 5.0	0.50	< 0.00246548	< 0.00015409	.055 mg	Doses larger than .200 mg can be toxic
lithium	4.9	0.49	0.00241617	0.00015101		
lanthanum	4.0	0.40	0.00197239	0.00012327		
nickel	3.6	0.36	0.00177515	0.00011095	< 1 mg	Products containing nickel may cause skin rash in case of allergies
rubidium	3.6	0.36	0.00177515	0.00011095		
yttrium	1.6	0.16	0.00078895	0.00004931		
scandium	1.5	0.15	0.00073964	0.00004623		
tungsten	< 1.0	0.10	< 0.00049310	< 0.00003082		
germanium	< 1	0.10	< 0.00049310	< 0.00003082		
lawrencium	0.6	0.06	0.00029586	0.00001849		
barium	< 0.5	0.05	< 0.00024655	< 0.00001541		
molybdenum		0.05	< 0.00024655	< 0.00001541	.045 mg	Doses larger than .200 mg may cause kidney problems and copper deficiencies

Elements expressed as mg/liter (parts per million) as received.

Notes about Aluminum content in Auro Gold

It is not difficult to obtain lab tests showing the amount of Aluminum in certain plant foods. Just look in the A & L Laboratory Agronomy Handbook, which is used by agronomists worldwide. Silica is the most abundant mineral on earth. Aluminum is the second

Comparison of Aluminum contained in Food with Aluminum contained in Auro Gold Based upon Materials Safety Data Sheet					
Food Name	Aluminum PPB	mg of Aluminum in a 6 oz Food Serving	mg of Aluminum in an 8 oz serving of treated water	# of 8 oz servings of treated water to equal the 6 oz food	# of "Super Shots" to to equal the 6 oz food
Bananas	97,000	17.21	0.33592209	51.23	3.20
Pineapple	100,000	17.74	0.33592209	52.81	3.30

most. It can be found in just about everything we touch. The food we eat and the water we drink, even the air we breathe, most all contain aluminum. Just compare the amount of aluminum contained in a 6 oz serving of the foods listed in the chart, with the amount of aluminum in an 8 oz glass of treated water. Then look at the number of 8 oz glasses of treated water you would have to drink to obtain the same amount of aluminum you would get from just one 6 oz serving of the listed food.

Asparagus	90,000	15.97	0.33592209	47.54	2.97
Beans	165,000	29.28	0.33592209	87.16	5.45
Bancha Tea	332,000	58.91	0.33592209	175.37	10.96
Celery	190,000	33.71	0.33592209	100.35	6.27
Cucumbers	90,000	15.97	0.33592209	47.54	2.97
Potatoes	100,000	17.74	0.33592209	52.81	3.30
Corn(at tasseling)	140,000	24.84	0.33592209	73.95	4.62
Peanuts	135,000	23.95	0.33592209	71.30	4.46

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The U.S. Government does not have an established limit of aluminum in food !
 Health Canada says it is safe for an adult to consume 7 1/2 teaspoons of Auro Gold per day!

How about a quick refresher course in calculating mg's. The foods were all listed as PPB (parts per billion in 1 liter). To convert this to mg's per liter, you must divide by 1000. Since there are 33.814 oz's in a liter, you divide by 33.814 to obtain mg/oz. Since our food serving size is 6 oz's, multiply by 6 oz to get the total mg's in the 6 oz serving.

** Note:* Treated water is made by mixing 1 teaspoon of Auro Gold with 1 gallon of water. It is best to let the treated water set for 24hrs or more to allow the contaminates to be removed.

Note: Super shots are defined as 1 teaspoon of Auro Gold mixed in 2 oz of treated water, immediately followed by 8 or more oz's treated water