

HEAVY METAL DETOX

Part Three Prop 65 and Metals

Panic over Prop 65

Passed in 1986, Proposition 65 requires businesses to inform Californians about significant exposures to chemicals that cause birth defects, cancer, or other reproductive harm. This proposition was pushed largely as a measure to rein in industrial pollution of drinking water, but it has now been used as private litigation to hunt down and sue companies whose products are “suspected” of containing chemicals. Therefore, many companies have put this label on everything, regardless of the product, which has made it meaningless.

This mass labeling has caused an uptick of toxicity concerns. However, this label can be misleading. The only thing that Prop 65 shows is that a toxic heavy metal was present. The mass spectrometry test that is used doesn't take into account the state of the metal or how the body will process it. Nor does it ask the question, “Is this a plant-derived metal bound to a carbon?”

With this in mind, if you see this label in or outside of California, it doesn't necessarily mean that the product itself is unsafe.