

## Nickel Toxicity

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The body needs some nickel in order to function properly, but too much nickel results in toxicity. Nickel is absorbed through different means - skin absorption, inhalation, and ingestion. Sources of nickel include foods, jewelry, prostheses, cigarette smoke, etc. Excess nickel in the body may cause dermatitis ("nickel itch"), respiratory problems, thyroid problems, and possible heart attack.

**Apple pectin**- Importance: Moderate Comments: Eliminates toxic metals from the body.

**Garlic**- Importance: Moderate Comments: Detoxifies. Eliminates harmful metals from the body.

**Kelp**- Importance: Moderate Comments: Provides needed minerals and iodine. Eliminates harmful metals.

**Vitamin A**- Importance: Moderate Comments: Potent antioxidant. Kills free radicals.

**Beta carotene**- Importance: Moderate Comments: Free radical scavenger.

**Vitamin C**- Importance: Moderate Comments: Eliminates harmful metals. Boosts immune system.