

Silver Supplement Safety Chart

This conforms to the 12-for-25%(TM) Calculation and thereby results in taking no more than 25% of the EPA Oral RfD for silver per day with the supplement. Pounds refers to the individual's body weight, and ppm refers to the concentration of silver, measured in parts per million (ppm), of the silver supplement.

Number of drops to take of an ionic or colloidal silver supplement per day to remain within the CRUSH Silver Supplement Safety Guideline:

	PPM:	3	5	10	20	30	40	50	60	70	80	90	100	250	500	1,000	2,000	3,000
POUNDS:																		
10		40	24	12	6	4	3	2	2	1	1	1	1	0	0	0	0	0
20		80	48	24	12	8	6	4	4	3	3	2	2	0	0	0	0	0
30		120	72	36	18	12	9	7	6	5	4	4	3	1	0	0	0	0
40		160	96	48	24	16	12	9	8	6	6	5	4	1	0	0	0	0
50		200	120	60	30	20	15	12	10	8	7	6	6	2	1	0	0	0
60		240	144	72	36	24	18	14	12	10	9	8	7	2	1	0	0	0
70		280	168	84	42	28	21	16	14	12	10	9	8	3	1	0	0	0
80		320	192	96	48	32	24	19	16	13	12	10	9	3	1	0	0	0
90		360	216	108	54	36	27	21	18	15	13	12	10	4	2	1	0	0
100		400	240	120	60	40	30	24	20	17	15	13	12	4	2	1	0	0
110		440	264	132	66	44	33	26	22	18	16	14	13	5	2	1	0	0
120		480	288	144	72	48	36	28	24	20	18	16	14	5	2	1	0	0
130		520	312	156	78	52	39	31	26	22	19	17	15	6	3	1	0	0
140		560	336	168	84	56	42	33	28	24	21	18	16	6	3	1	0	0
150		600	360	180	90	60	45	36	30	25	22	20	18	7	3	1	0	0
154		616	370	185	92	62	46	36	30	26	23	20	18	7	3	1	0	0
160		640	384	192	96	64	48	38	32	27	24	21	19	7	3	1	0	0
170		680	408	204	102	68	51	40	34	29	25	22	20	8	4	2	1	0
180		720	432	216	108	72	54	43	36	30	27	24	21	8	4	2	1	0
190		760	456	228	114	76	57	45	38	32	28	25	22	9	4	2	1	0
200		800	480	240	120	80	60	48	40	34	30	26	24	9	4	2	1	0
210		840	504	252	126	84	63	50	42	36	31	28	25	10	5	2	1	0
220		880	528	264	132	88	66	52	44	37	33	29	26	10	5	2	1	0
230		920	552	276	138	92	69	55	46	39	34	30	27	11	5	2	1	0
240		960	576	288	144	96	72	57	48	41	36	32	28	11	5	2	1	0
250		1,000	600	300	150	100	75	60	50	42	37	33	30	12	6	3	1	1
260		1,040	624	312	156	104	78	62	52	44	39	34	31	12	6	3	1	1
270		1,080	648	324	162	108	81	64	54	46	40	36	32	12	6	3	1	1
280		1,120	672	336	168	112	84	67	56	48	42	37	33	13	6	3	1	1
290		1,160	696	348	174	116	87	69	58	49	43	38	34	13	6	3	1	1
300		1,200	720	360	180	120	90	72	60	51	45	40	36	14	7	3	1	1
310		1,240	744	372	186	124	93	74	62	53	46	41	37	14	7	3	1	1
320		1,280	768	384	192	128	96	76	64	54	48	42	38	15	7	3	1	1
330		1,320	792	396	198	132	99	79	66	56	49	44	39	15	7	3	1	1
340		1,360	816	408	204	136	102	81	68	58	51	45	40	16	8	4	2	1
350		1,400	840	420	210	140	105	84	70	60	52	46	42	16	8	4	2	1
360		1,440	864	432	216	144	108	86	72	61	54	48	43	17	8	4	2	1

It is important to note that this Silver Supplement Safety Guideline is based on ongoing daily usage for an entire adult life (70 years). Short-term use may be substantially higher than the amount shown per day. The average daily usage for an adult lifetime, however, should not exceed the amounts shown above. Additionally, short-term usage should be only moderately higher than what is shown above, and generally no more than about 20-30 times what is shown.

Note that the row for a 154-pound person applies to an "average" adult weighing 70 kilograms, or about 154 pounds, according to the EPA Oral RfD.

Note that the exact volume of a drop of liquid will vary, depending on the viscosity of the liquid, shape of the dropper, speed, temperature, and so forth. The figures shown are based on an estimated volume of 0.04683 mcg per drop of the given silver supplement (which is assumed to be water-based).

In converting drops to teaspoons and fluid ounces, use the following conversion: 1 teaspoon = approximately 100 drops (actually, about 105 drops)

1 ounce = approximately 600 drops (actually, about 630 drops), or 6 teaspoons