

**Table 1**

| <b>Food Source</b>               | <b>Silver Concentration</b> | <b>Average Daily Consumption</b> | <b>Average Daily Silver Intake</b> |
|----------------------------------|-----------------------------|----------------------------------|------------------------------------|
| Refined wheat flour <sup>8</sup> | 0.3 µg/g                    | 164 g                            | 49 µg                              |
| Wheat bran <sup>9</sup>          | 0.9 µg/g                    | 10.1 g                           | 9.1 µg                             |
| Milk <sup>10</sup>               | 27-54 µg/L                  | 1 x 8oz glass (adult)            | 11 µg                              |
| Milk <sup>10</sup>               | Avg. 47 µg/L                | 3 x 8oz glass (2yo)              | 33 µg                              |
| Mushrooms <sup>11</sup>          | 1.7 – 110 µg/g              | 3 oz. serving                    | 0.14-9.4 µg/serving                |
| Total Diet, UK <sup>7</sup>      |                             |                                  | 27 +/- 17 µg                       |

**Table 2**

| <b><i>in vivo</i><br/>Toxicology Study</b>         | <b>No Observed Adverse Event*?</b>  | <b># of times EPA daily RfD of 5 µg/kg</b> | <b>mg silver / kg body weight</b> | <b>tsp/day, @23ppm</b> |
|--|-------------------------------------|--|-----------------------------------|------------------------|
| 1 tsp of 23ppm Silver Hydrosol                     | <input checked="" type="checkbox"/> | 0.33                                       | 0.01                              | 1                      |
| Morishita, et al., 2016, “low” dose <sup>18</sup>  | <input checked="" type="checkbox"/> | 300  | 1.5                               | 913                    |
| Xue, et al., 2012, “low” dose <sup>19</sup>        | <input checked="" type="checkbox"/> | 1,500                                      | 7.5                               | 4,565                  |
| Loeschner, et al., 2011, “low” dose <sup>20</sup>  | <input checked="" type="checkbox"/> | 1,860                                      | 9.3                               | 5,661                  |
| Wilding, et al., 2016 <sup>16</sup>                | <input checked="" type="checkbox"/> | 2,000                                      | 10                                | 6,087                  |
| Morishita, et al., 2016, “high” dose <sup>18</sup> | <input checked="" type="checkbox"/> | 2,000                                      | 10                                | 6,087                  |
| Loeschner, et al., 2011, “high” dose <sup>20</sup> | <input checked="" type="checkbox"/> | 2,520                                      | 12.6                              | 7,670                  |
| Kim, et al., 2008, “low” dose <sup>21</sup>        | <input checked="" type="checkbox"/> | 6,000                                      | 30                                | 18,261                 |
| Xue, et al., 2012, “mid” dose <sup>19</sup>        | <input checked="" type="checkbox"/> | 6,000                                      | 30                                | 18,261                 |
| Xue, et al., 2012, “high” dose <sup>19</sup>       | lung & liver inflammation           | 24,000                                     | 120                               | 73,043                 |
| Kim, et al., 2008, “high” dose <sup>21</sup>       | elevated liver enzymes              | 60,000                                     | 300                               | 182,609                |

*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.*