



Boron

If the level of Boron in your water is over **2,000 $\mu\text{g}/\text{L}$** , you should find a different source of water for drinking and preparing foods that take up a lot of water.*

What is boron?

Boron is a naturally occurring element that commonly found in the environment in combinations with other substances.

- ▶ Boron substances are used to make many products including glass, fire-retardant materials, cosmetics, and photographic materials.
- ▶ People can be exposed to boron from food, water, certain pesticides, and certain cosmetic and medical products.

Can boron affect our health?

While low levels of boron are beneficial for health, high levels can affect health.

- ▶ Some people who ate large amounts of boron have experienced effects on the stomach, intestines, liver, kidneys, and brain.
- ▶ In research animals, exposure to high levels of boron affected reproduction and development.

What can you do to protect your health?

Wisconsin has a recommended groundwater standard of 2,000 micrograms per liter ($\mu\text{g}/\text{L}$) for boron. †

If the level of boron in your drinking water is above this, you should find a way to obtain safe water. Options include:

- ▶ Installing a certified treatment device.
- ▶ Drilling a new well.
- ▶ Connecting to a public water system or community well.

*Examples of foods that take up a lot of water include soup, rice, jello, and oatmeal.

Looking for more information?

- ▶ See the [factsheet](#) by the Agency for Toxic Substances and Disease Registry (ATSDR) for additional health information.
- ▶ Visit the [DHS website](#) for more information on Wisconsin's groundwater standards.

