

Tungsten

Tungsten (tung-stun)
Tested in: Urine and Water
Reported in: Water Only

Learn how you can protect yourself and your family.



Is there an unsafe level of tungsten in water?

Scientists have not determined if there are levels of tungsten that could be considered unsafe in water. If you are concerned about your test results, continue to the next section to learn how you might reduce tungsten in your water.



Is it possible to remove tungsten from drinking water?

Yes, you may be able to reduce the amount of chemicals in your water. First, it is important to find out how chemicals may be getting into your water. We recommend that you contact your county's environmental health department or a well specialist. They may want to test your water for bacteria or nitrate or look at your well for any damage. Testing for bacteria or nitrate may be available for free through your county.

You may also be able to install an in-home treatment system to reduce chemicals in the water you drink. Not all treatment systems remove all chemicals. Talk to a water treatment specialist to determine the best options for the chemical(s) that may have been found in your water tests.



Will exposure to tungsten harm my health?

Exposure to tungsten may harm your

- Respiratory system



Are there other ways I could limit my exposure to tungsten?

- Follow all safety precautions if you work with tungsten.

What is tungsten?

Tungsten is a metal found in rocks and soil. Tungsten is used in many types of products, such as electronics, welding supplies, sports equipment, and ammunition. Tungsten may also be combined with other chemicals to be used in ceramic pigments, fire retardants, and color-resistant fabric dyes. Exposure may occur in low levels through air, food, or water. People working or living near industries that use tungsten are most likely to be exposed.

Where can I find more information?

- https://www.cdc.gov/biomonitoring/Tungsten_BiomonitoringSummary.html
- <https://www.atsdr.cdc.gov/az/t.html>