

# Cadmium (Cd)

## **What is Cadmium?**

Cadmium is a natural element in the earth's crust. It is usually found as a mineral combined with other elements such as oxygen, chlorine, or sulfur.

All soils and rocks, including coal and mineral fertilizers, contain some cadmium.

## **Does Cadmium have any additional names?**

No

## **What are the known health effects?**

Eating food or drinking water with very high levels of Cadmium severely irritates the stomach, leading to vomiting and diarrhea.

## **How does exposure occur?**

Exposure to cadmium may occur by eating foods containing cadmium - low levels are found in leafy vegetables, grains, legumes, and kidney meat – or drinking contaminated water. Cadmium is found in drinking water supplies as a result of deterioration of galvanized plumbing, along with industrial waste contamination, or surface water contamination by certain fertilizers.

## **Is this contaminant regulated?**

Yes, and water supplied to Mount Laurel MUA customers is in compliance with USEPA requirements. The maximum concentration of Cadmium permitted in drinking water is 5 ppb; water supplied by the MLTMUA system has not reported any detections of Cadmium

## **How can I reduce exposure?**

Cadmium in drinking water can be removed at point of use by reverse osmosis and distillation.

**Additional information regarding Cadmium, including the information referenced, can be found at:**

<https://www.wqa.org/learn-about-water/common-contaminants/cadmium>

<https://www.atsdr.cdc.gov/toxfaqs/tfacts5.pdf>