

# Essential metals

- Fe
- Zn
- Cu
- Cr
- Mn

- Ca
- Na
- K
- Mg

## Heavy metals 60 elements

- W
- Ag
- Au
- Ni
- Cd
- Sn
- Pb
- Hg

$> 4,5\text{g/cm}^3 \geq$

## Light metals 14 elements

- Ti
- Cs
- Be
- Li
- Al
- Ba

The toxicity of metals depends on chemical state, compound, dose