

# BORON:

## Necessary for Life

**E**veryday, humans come in contact with the element boron. It exists all through our environment, including the water we drink, the soil we touch and the food we eat.



*Boron Crystals*

### **Boron and the Environment**

From the cotton in your clothes, to the vegetables on your plate, to the grape juice in your cup – all plants need boron to grow.

Boron controls flowering, pollen production, germination, and seed and fruit development. It also aids the transmission of sugars from older leaves to new growth areas and root systems.

Most fertilizers must contain small amounts of boron – even around your home. Without boron, it would be impossible to grow many crops, especially in regions where natural boron levels are low.

### **Boron and your Diet**

Everyday you routinely absorb small amounts of boron from your diet. Studies show that we consume about one to three milligrams of boron per day through a combination of foods and drinking water.

Boron is nutritionally important to maintain optimal human health. Most of us probably ingest a healthy amount of boron each day as a result of our normal fruit and vegetable intake. Our bodies handle boron by using what is required for daily health and efficiently removing the rest.

### **Boron and the Home**

You may be amazed to discover the wide range of products that contain boron in your own home.

Boron can be found in roofing materials, wallboard, fiberglass and cellulose insulation. When used as a treatment for construction materials such as wood, plastic, bricks, pipes and wires, boron helps protect us from mold, rot, fungi, insects and fire.

In the kitchen, you'll find boron in the ceramic tiles on the floors and in the porcelain enamel used to protect your sink, refrigerators, pots and pans. Boron is also in Pyrex® cookware, crystal and even in the dishwasher detergent.

In our bathroom, boron is in soaps, cold creams, face lotions, makeup, shaving cream, contact lens solutions, hair straighteners, eye drops and even denture cleaners.

The cotton in sheets, bed spreads and clothes in the bedroom contain boron, which gives it good fiber yield. And synthetic fibers require boron during processing. Boron is also used in clothes detergents, laundry boosters and bleaches. We even rely on boron to clean our carpets.

In the office, boron is used in laptop computers, VCRs and the film in your camera.

In the garage, boron can be found in antifreeze, motor oil, brake fluid and power steering fluid. In the pest control products on the shelf, boron is used to control termites, fleas, flies, beetles, ants, cockroaches and silverfish.

**T**his includes only a small portion of the many and varied uses of boron. It would take a library to discuss the multitude of uses of boron in science, medicine, telecommunications, astronomy, space travel, microelectronics, pharmaceuticals, communication satellites, and more!

The truth is we would not live without boron. It exists all around us and everyday we touch this very important element – even if we are not aware of it.