

Environmental Health

ABOUT THE COVER



The use of powdered shake mixes as nutritional supplements or meal replacements has become increasingly popular among health-conscious individuals. Consumption of these mixes, however, might pose a public health risk due to possible contamination of harmful substances such as heavy metals. This month's cover article, "Heavy Metal Contamination of Powdered Protein and Botanical Shake Mixes," analyzed a select group of popular powdered protein and botanical shake mixes for arsenic, cadmium, chromium, and lead. Over half of the products tested contained elevated levels of at least one toxic heavy metal. The findings highlight that these types of mixes can be a significant source of exposure to toxic heavy metals.

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