

The Safety of Titanium Dioxide and What You Can Do



Photo by [Analia Baggiano](#) on [Unsplash](#)

Don't you just love the bright attractive colours of candies and sweets? Turns out there have been studies suggesting you're more likely to buy and eat foods that are brighter or more vibrant in color.

Titanium dioxide is the product developer's answer to make that happen.

What Is Titanium Dioxide?

Titanium is the ninth most common element in the Earth's crust. When it's interacted with oxygen, titanium dioxide is a powder used as a white pigment in a variety of products such as sunscreens, cosmetics, paints, and plastics.

The pigment grade is also known as titanium white, pigment white 6, or CI 77891; it's the whitest and brightest of all known pigments.

Titanium dioxide is known for how well it can scatter light, so it can boost and brighten white opacity. In food and drugs, this additive is known as E171 and helps define colors clearly, make food look more attractive, and even prevent UV degradation (cracking and breakdown of materials).

It can be found added to food products like:

- Candy
- Coffee creamer
- Baking and cake decorations
- White sauces
- Toothpastes
- Sunscreen
- Milk
- Vitamin supplements

Is Titanium Dioxide Safe?

According to the FDA and other regulatory agencies globally, "titanium dioxide may be safely used for coloring foods".

The FDA states, "The color additive titanium dioxide is synthetically prepared TiO_2 , free from admixture with other substances.

"[T]itanium dioxide may contain only those diluents that are suitable and that are listed in this subpart as safe in color additive mixtures for coloring foods, and the following: Silicon dioxide, SiO_2 and/or aluminum oxide, Al_2O_3 , as dispersing aids - not more than 2 percent total."

The claim is that the amount of food-grade titanium dioxide used is extremely small. With the FDA setting a limit of 1 percent titanium dioxide for food.

I've often wondered about these "strict" guidelines of certain chemicals, which are normally harmful, but don't take into account repetition and frequent ingestion, therefore building upon the accumulation to being well above the strict recommendations.

A new peer-reviewed article by a team of 15 scientists based in Mexico sheds light on the toxicity of this popular food additive.

Their article entitled, "Food Grade Titanium Dioxide Accumulation Leads to Cellular Alterations in Colon Cells After Removal of a 24-Hour Exposure," examines the effects of titanium dioxide on cells.

Their findings show that food-grade titanium dioxide, accumulated in colon cells, is causing what may be permanent damage.

Keeping in mind, this chemical is used as an additive in everything from candy to sunscreen.

Forty-eight hours after exposure to titanium dioxide, the cells were analyzed. At all concentrations—this chemical persisted in the colon cells even 48 hours after exposure.

This exposure caused damage to the cells and DNA alteration.

The EU Declares Titanium Dioxide Unsafe

The European Union banned its use at the beginning of 2022. At that time, manufacturers were given six months to remove titanium dioxide from food products sold to European consumers.

However, other countries' regulatory agencies persist with their insistence that TiO₂ isn't harmful to human health, including the Government of Canada and the U.S. Food and Drug Administration.

However, the Mexican study pointed out, TiO₂ has been shown to accumulate in human organs: It's been detected in:

- Spleen
- Liver
- Feces of newborn babies
- Mother's placenta

The French study in 2021, published in the peer-reviewed journal *Particle and Fibre Toxicology*, uncovered similar problems with titanium dioxide.

This French review article examines evidence that implicates titanium dioxide in inflammatory bowel diseases and colorectal cancers.

Take Your Power Back

With the worldwide cancer risk increasing with each generation, it's only wise to take your power back for what goes into your body.

Colorectal cancer is the third most common type of cancer. Incidents are highest in Australia, New Zealand, and other European countries but lowest in Africa and Southern Asia, according to the study.

In another study, incidents of early-onset cancer, including colon, liver, and pancreatic, have increased dramatically.

Without appropriate government and industry regulation, it's up to you to do your best to avoid any and all DNA-altering toxins that may contribute to the rise in cancer and other health problems, including titanium dioxide and glyphosate.

So where do you start?

- Check the ingredients list on all products you're ingesting and putting on your skin
- Find a natural toothpaste
- Eat way less sweets
- Check your cosmetics and bath products

Cancer begins when human cells are harmed by cytotoxic substances, and cancerous cells proliferate when their growth is unchecked by the human immune system.

The best way to prevent colon cancer is to avoid toxic exposure, while supporting the immune system so the body can clear cancer cells early and keep them from growing uncontrollably.

- Eat virantly healthy whole foods
- Choose organically grown as much as you possibly can
- Find a beneficial way to release stress as this can lower the functioning of your immune system

You take the power of your own healthcare back when you make yourself aware of the toxins in your environment and take appropriate action to lessen their effect on you.

This article was written and researched by Lucy Crisetig.

Lucy is a Creative Mindfulness Coach. You can download your free copy of Lucy's "**Generate Your Soul's Genius**" ebook at www.lucycrisetig.com

<https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/titanium-dioxide-food-additive-science-report.html>

<https://www.webmd.com/diet/titanium-dioxide-in-food>

<https://foodinsight.org/what-is-titanium-dioxide/>

<https://www.foodbusinessnews.net/articles/18911-titanium-dioxide-in-the-spotlight>

<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=73.575>

https://www.sciencedirect.com/science/article/abs/pii/S0300483X22001925?dgcid=rss_sd_all

https://www.theepochtimes.com/health/study-links-popular-food-additive-to-colon-cancer_4922115.html?utm_source=HT_article_free&src_src=HT_article_free&utm_campaign=health-2023-01

[-13-ca&src_cmp=health-2023-01-13-ca&utm_medium=email&est=pkeik3ofJm%2B4n%2B0F%2F0Z0wvPHI%2FnLjJZYep0eElOvD0ytAr3szVUjIWSIOaGYZQ%3D%3D](#)