

“THE DOSE MAKES THE POISON”

APPLE SEEDS



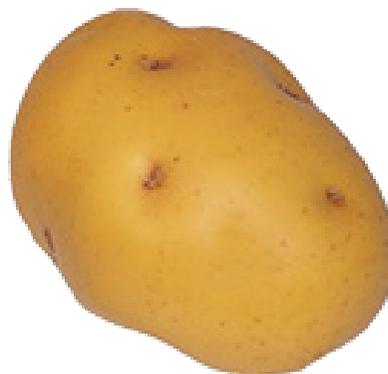
CONTAIN AMYGDALIN
~0.6g/kg of seeds

PEARS



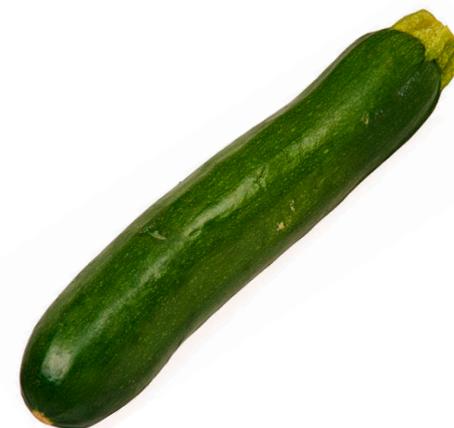
CONTAIN FORMALDEHYDE
~0.06g/kg

POTATOES



CONTAIN SOLANIN
~0.2g/kg
(higher in green potatoes)

COURGETTES



CONTAIN CUCURBITACIN E
Variable
(higher in bitter courgettes)

ALL OF THE FOOD ITEMS ABOVE CONTAIN NATURAL CHEMICALS THAT ARE TOXIC TO HUMANS. HOWEVER, THEY ARE USUALLY PRESENT IN VERY SMALL AMOUNTS, FAR BELOW THE HARMFUL DOSE.

JUST BECAUSE A CHEMICAL IS PRESENT, DOES NOT MEAN THAT IT IS HARMFUL IN THE *AMOUNT* PRESENT.