

Appendix 1 (as supplied by the authors): Characteristics of various forms of mercury¹						
Form	Source(s)	Route of Exposure	Target Organ(s)	Signs/Symptoms	Major Excretory Pathway	Approximate Biological Half-Life
Elemental (Hg ⁰)	Occupational Dental amalgam	Inhalation (vapour)	CNS, PNS, kidney	insomnia, anxiety, tremor, peripheral neuropathy, nephropathy	Urine and feces	60 days
Inorganic Hg salts	Topical antiseptics through disrupted skin/tissues	Ingestion, dermal	Gut, kidney	Nausea, vomiting (ingestion) nephropathy	Urine and feces	40 days
Methyl Hg	Diet (fish), most notably large predatory fish (e.g., large tuna, swordfish, shark, tile fish)	Ingestion	CNS	perioral paresthesia, constriction of visual fields, dysarthria, ataxia, impaired hearing, tremor	Feces	40–70 days
Note: CNS = central nervous system, PNS = peripheral nervous system.						

Reference

1. Clarkson TW, Magos L, Myers GJ. The toxicology of mercury — current exposures and clinical manifestations. *N Engl J Med* 2003;349:1731-7.