

## Natural Source Boron from mineral borax

Borax occurs in large evaporated lake deposits in Canada and Turkey. 20 Mule Team Borax is a brand known to be unprocessed salt lake deposit material that is 99.5 % pure Sodium TetraBorate with the 0.5% consisting of harmless light salts such as sodium and potassium chloride and potassium carbonate (baking soda).

## Mixing 20 Mule Team Borax for mineral supplementation

Elemental masses

Na=23      B=10.8      O=16

Formula for typical hydrated borax powder

$\text{Na}_2\text{B}_4\text{O}_7$  plus  $10(\text{H}_2\text{O})$

Atomic weight =  $23*2+10.8*4+16*7+10*18$   
= 381.2

Ratio of Boron to Total Weight =  $10.8*4/381.2$  or 0.113

Therefore one gram of Borax has 113 milligrams of boron.

If we put 10 grams of borax into 500 milliliters of water there will be 1130 milligrams boron in 500 milliliters of water or ...

Slightly greater than 2 milligram per milliliter.

(This gives about 11% more boron than 2 milligrams per liter)

For arthritis prevention take 2 milliliters per day or 4 milligrams boron per day.

For mild arthritis take 3 milliliters per day or 6 milligrams boron per day.

For full arthritis take 6 milliliters per day or 12 milligrams boron per day.

For cancer prevention take 9 milliliters per day or 18 milligrams boron per day.

## Sodium Dosage Issues

Remaining Na content =  $46/381.2$  or 121 milligrams per gram of borax powder.

Note that boron content = 113 milligrams of sodium per gram, so that you get almost the same

dose of sodium as boron. This is a low sodium dose, not expected to cause any high blood pressure issues.

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(Please contact me if you have corrections or additions)