

Mercury in Fish vs in Fluorescent Lamps

Biomethylation This is a process where organisms in the environment methylate elemental mercury. This is believed to be a protective measure, as the methylated mercury is then released from the organism. However, MeHg bioaccumulates in fish, and is also toxic to organisms with an advanced central nervous system.

http://www.mercuryexposure.org/index.php?page_id=32

Methyl Mercury Content in Fish

Species	PPM	%	Oz of Mercury per 16.2 LBS
Tilapia	0.07	0.000001	0.0002592
Trout	0.5	0.000001	0.0002592
Tuna	1.1	0.000100	0.02592
Groper	1.2	0.000100	0.02592
Snapper	1.36	0.000100	0.02592
Sea Bass	2.1	0.000200	0.05184
Sword	2.52	0.000200	0.05184
Shark (Black Tip)	3.09	0.000300	0.07776
Shark (Mako)	3.7	0.000300	0.07776

Oz of Mercury in one CFL lamp. 0.001760

By consuming healthy, natural foods you could consume more mercury in a year than you will be exposed to by one broken CFL Lamp.

<http://www.cfsan.fda.gov/~frf/seamehg2.html>