

Comparative Chart of Toxicant Levels Found in Popular Flour Products

LeadSafeMama.com					LeadSafeMama.com				
Lead Safe Mama, LLC - Flour Chart, Independent, Third Party, Laboratory Test Results.					FLOUR Chart	11 of 21 Positive for Cadmium = 52%			
Full lab reports for each listed product can be found on LeadSafeMama.com					FLOUR Chart	0 of 21 Positive for Mercury = 0%			
All measurements noted are in PARTS PER BILLION (ppb)					FLOUR Chart	7 of 21 Positive for Arsenic = 33%			
Chart Updated: April 28, 2025 - Monday - 11:55 P.M. BST					FLOUR Chart	10 of 21 Positive for Lead = 48%			
Sorted by Lead Level Ascending, & then Cadmium Level					7 of 8 = 87.5% of Organic Flours Tested Positive For Heavy Metals				
					10 of 13 = 76.9% of Gluten Free Flours Tested Positive For Lead				
					7 of 8 = 87.5% of Wheat Flours Tested Positive For Cadmium				
					9 of 9 = 100% of Cassava Based Flours Tested Positive For Lead				
						Pb	Cd	Hg	As
Product Name						Lead	Cadmium	Mercury	Arsenic
	NON-DETECT for Lead, Cadmium, & Mercury	Gluten Free	Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
1	Jovial Organic Einkorn Flour - Italian	No	Yes - Organic - 1	Italy	Wheat Einkorn - 1	ND <1.5	ND <3	ND <1.5	ND <6
2	Maseca Masa Corn Flour	Yes - GF, 1	Not Organic	Mexico	Corn	ND <5	ND <5	ND <5	6.0
	Positive for Cadmium, but not Lead:		Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
3	Flour Purchased In Austria **	No	Yes - Organic - 2	Austria	Wheat - 2	ND <5	11.0	ND <5	5.0
4	Bob's Red Mill Gluten Free 1-to-1 Baking Flour	Yes - GF, 2	Not Organic	USA	Rice (primary)	ND <5	11.0	ND <5	91.0
5	Costco Organic All-Purpose Unbleached Flour	No	Yes - Organic - 3	USA	Wheat - 3	ND <1.5	12.0	ND <1.5	ND <6
6	King Arthur Organic Unbleached Bread Flour	No	Yes - Organic - 4	USA	Wheat - 4	ND <1.5	18.0	ND <1.5	ND <6
7	King Arthur Gluten Free Measure For Measure Flour	Yes - GF, 3	Not Organic	USA	Rice (primary)	ND <5	19.0	ND <5	68.0
8	Italian Flour Purchased In U.S. **	No	Not Organic	Italy	Wheat - 5	ND <5	21.5	ND <5	ND <10
9	365 Whole Foods Market All-Purpose Organic Flour	No	Yes - Organic - 5	USA	Wheat - 6	ND <5	24.0	ND <5	5.0
10	Gold Medal Premium Quality All Purpose Flour	No	Not Organic	USA	Wheat - 7	ND <5	32.0	ND <5	ND <20
11	Pillsbury Best All Purpose Flour	No	Not Organic	USA	Wheat - 8	ND <5	41.0	ND <5	ND <5
	Positive for Lead above 5 ppb:		Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
12	Bob's Red Mill Arrowroot Flour / Arrowroot Starch	Yes - GF, 4	Not Organic	USA	Cassava - 1	6.0	ND <3	ND <1.5	ND <6
13	Bob's Red Mill Tapioca Flour / Tapioca Starch	Yes - GF, 5	Not Organic	USA	Cassava - 2	6.0	ND <3	ND <1.5	ND <6
14	Amafil Polvilho Doce	Yes - GF, 6	Not Organic	Brazil	Cassava - 3	19.0	ND <3	ND <1.5	ND <6
15	Anthony's Organic Tiger Nut Flour	Yes - GF, 7	Yes - Organic - 6	USA	Tiger Nut	40.0	170.0	ND <10	10.0
	Positive for Lead above 100 ppb:		Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
16	Terrasoul Cassava Flour	Yes - GF, 8	Yes - Organic - 7	USA	Cassava - 4	148.0	ND <10	ND <5	ND <20
	Positive for Lead above 200 ppb:		Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
17	Quay Naturals Premium Cassava Flour	Yes - GF, 9	Not Organic	USA	Cassava - 5	211.0	ND <10	ND <5	ND <20
18	Otto's Naturals Multi-Purpose Cassava Flour	Yes - GF, 10	Not Organic	USA	Cassava - 6	212.0	ND <10	ND <5	ND <20
	Positive for Lead above 300 ppb :		Organic?	Country Of Origin	Flour Type	Lead	Cadmium	Mercury	Arsenic
19	Bob's Red Mill Cassava Flour - May 2024 Test	Yes - GF, 11	Not Organic	USA	Cassava - 7	303.0	ND <10	ND <5	ND <20
20	Bob's Red Mill Cassava Flour - April 2025 Test **	Yes - GF, 12	Not Organic	USA	Cassava - 8	338.1	ND <5	ND <5	ND <10
21	Anthony's Organic Cassava Flour - April 2025 Test **	Yes - GF, 13	Yes - Organic - 8	USA	Cassava - 9	1178.5	9.0	ND <5	29.0
ND = "Non-Detect", with the low threshold of detection (in ppb) noted									
** = Lab Report Not Yet Published									
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