**Is osmium toxic or not?**

First of all, any substance is poisonous if you consume too much of it. Lots of sugar, salt, arsenic,... all poisonous. How much osmium can I eat or inhale?

Because osmium is a precious metal, its crystalline form is simply not toxic at all. You could eat as much as you like, it would simply exit the body again via the normal way. But please do not do this, because the osmium crystals can still injure your body mechanically.

At high temperatures, such as those produced during annealing or soldering, osmium transforms into a substance called osmium tetraoxide. This substance is volatile and actually harmful to health. However, the reaction only occurs at temperatures well above 400°C. And our body couldn't stand that temperature either.

Osmium can therefore be carried without hesitation in its crystalline form. To ensure that only this non-toxic osmium is sold on the market, certification bodies are established around the planet, the so-called Osmium Institutes. They analyze osmium and give each piece a number. Nevertheless, all substances are tested again and again under different conditions in order not only to demonstrate absolute safety but also to document it from a safe place.

A number of studies are currently being conducted to test osmium under normal conditions for possible reactions with almost any substance from sweat to acids and cleaners.

Think about osmium.