

Toxic Crystals and Stones

(Source: <https://hibiscusmooncrystalacademy.com/resources/toxic-crystals-stones/>)

You may want to create a gem water or crystal essence... To be safe, **always** check to be sure there are no toxic minerals in the crystals or stones you plan to use that can leech out into the water. If there is, there are safe, alternative methods to work with that stone's energies. (Please refer to the *Gem Water* book on my [Recommended Products](#) page to learn about those methods.)

This is by no means a comprehensive toxic crystals and stones list & I am always adding to & tweaking it. *Please always do your own research in addition to checking here.* When in doubt, do without!

Actinolite	May contain asbestos. Not recommended for elixirs
Adamite	Contains arsenic and some copper
Ajoite	Contains aluminium and copper
Alexandrite	Contains aluminium
Amazonite	Contains copper
Atacamite	Contains copper
Aquamarine	Contains aluminium
Auricalcite	Contains zinc and copper
Azurite	Contains copper
Beryl Group	Contains aluminium
• Bixbite	
• Emerald	
• Aquamarine	
• Goshenite	
• Heliodor	
• Morganite	
Black Tourmaline	Contains aluminium
Boji-stones (aka Moqui Balls, Shaman Stone, Shamanic Star Stone)	Contains some sulphur, pyrite and/or marcasite
Bronchantite	Contains copper
Cavansite	Contains copper
Celestite	Contains strontium
Chalcantite	Contains copper
Chalcopyrite (peacock stone)	Contains copper and sulphur
Chrysocolla	Contains copper
Cinnabar	Contains mercury
Conicalcite	Contains copper
Copper	Poisonous
Covellite	Contains copper and sulphur
Cuprite	Contains copper
Dioptase	Contains copper
Dumortierite	Contains aluminium
Emerald	Contains aluminium
Fluorite	Contains fluorine
Garnet (Spessartine, Almandine, Uvarovite, Rhodolite, Hessonite)	Contains aluminium
Gem Silica	Contains copper
Galena	Contains lead
Garnierite (aka Falcondoite)	Contains nickel

Hematite	Will rust, but not toxic
Iolite	Contains aluminium
Kunzite	Contains aluminium
Labradorite	Contains aluminium
Lapis Lazuli	Contains pyrite
Lepidolite	Contains aluminium
Magnetite	Will rust, but not toxic
Malachite	Contains copper
Markasite	Contains sulphur
Mohawkite	Contains copper and Arsenic
Moldavite	Contains aluminium oxide
Moonstone	Contains aluminium
Morganite	Contains aluminium
Pietersite	Fibrous form contains asbestos
Prehnite	Contains aluminium
Psilomelan	Contains barium
Pyrite	Contains sulphur
Realgar	Contains sulphur and arsenic
Ruby	Contains aluminium
Sapphir	Contains aluminium
Selenite	Although not toxic, friable; tiny shards may break off in water
Serpentine	Fibrous form contains asbestos
Smithsonite	May contain copper
Sodalite	Contains aluminium
Spinel	Contains aluminium
Spodumene (aka Kunzite)	Contains aluminium
Staurolite	Contains aluminium
Stibnite	Contains lead and antimony
Stilbite	Contains aluminium
Sugilite	Contains aluminium
Sulfur	Poisonous
Sunstone	Contains aluminium
Tanzanite–Gem variety of Zoisite.	Contains aluminium
Tiger Eye	Fibrous form contains asbestos
Topaz	Contains aluminium
Torbenite	Radioactive
Tourmaline	Contains aluminium
Tremolite	May contain asbestos
Turquoise	Contains copper and aluminium
Vanadinite	Contains vanadium
Variscite	Contains aluminium
Vesuvianite	Contains aluminium
Wavellite	Contains aluminium
Wulfenite	Contains lead and molybdenum
Zircon	Contains zirconium, radioactive
Zoisite	Contains aluminium