







Material	What the heck is it?	LD50 (mg/kg)*	Toxic Category**
water	You know this one.	90000	practically non-toxic
sucrose	...and this one. Refined from sugar cane or sugar beets	30000	
citric acid	A chemical in citrus fruits (lemons, oranges, etc)	12000	slightly toxic
ethanol (in many bevies)	Hic! 	7000	
glyphosate	A broad-spectrum systemic herbicide used to kill weeds brought to market under trade name RoundUp	5600	
sodium bicarbonate (baking soda)	One word: Biscuits 	4220	moderately toxic
sodium chloride (table salt)	Not too much now... 	3000	
acetaminophen	Whoa...I'm getting a headache	1944	
hydrogen peroxide	Common household product often used industrially for drinking water and waste water treatment	1580	
chocolate	What the heck is this doing on this list?	1265	
caffeine	Gasp. See comment above ^ 	192	very toxic
copper sulfate	A compound approved for use in organic production as a fungicide	300	
rotenone	A broad-spectrum insecticide and pesticide approved for use in organic production	132-1500	
DDT	Tasteless and almost odorless chemical known for its insecticidal properties. Was used in WWII to control malaria and typhus.	113-800	
Nicotine	A potent alkaloid found in the nightshade family of plants (Solanaceae) and a stimulant drug and a major contributing factor to the dependence-forming properties of tobacco smoking. 	50	extremely toxic
Cyanide	Cyanides are produced by certain bacteria, fungi, and algae and are found in a number of plants - used in mining, industrial organic chemistry and for pest control.	10	
vitamin D	Vitamin D toxicity can occur when you have excessive amounts of vitamin D in your body by megadoses of of vitamin D supplements (not by diet or exposure to the sun). 	10	
Strychnine	Is a highly toxic, colorless, bitter crystalline alkaloid used as a pesticide, particularly for killing small vertebrates such as birds and rodents.	1-2	super toxic
Aflatoxin	Naturally occurring mycotoxins produced by species of fungi. 14 different types of aflatoxin are produced in nature. They can colonize and contaminate grain before harvest or during storage.	0.003	
Botulin	A protein and neurotoxin produced by a bacterium. In its pure form, it is the most acutely toxic substance known. Preparations of the toxin can be effectively used for therapeutic or cosmetic purposes.	0.00001	



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Sources: 'The Dose Makes the Poison' via the Cornell Environmental Inquiry Program's [Assessing Toxic Risk](#); various Wikipedia entries; various MSDS sheets found online.

*The LD50 levels are based on oral ingestions by rats

**Toxicity rankings are based on [EPA categorizations \(I through IV\)](#)