



## Is this poisoning?

No, consuming edible gold flakes such as those used in Goldwasser or gold nano drinks is **not poisoning**. Edible gold is typically made from **23 to 24 karat gold**, which is chemically inert and **not absorbed by the digestive system**; it passes through the body safely without causing harm. It is explicitly processed and certified as food-grade (often labeled E175) to ensure it is free of toxic metals and suitable for human consumption. <sup>[1] [2] [3] [4] [5]</sup>

While edible gold has no nutritional or health benefits, and excessive consumption should be avoided as a precaution, the very small amounts used for decoration or visual effect in drinks are considered safe by food safety authorities worldwide. Allergic reactions are extremely rare and would only occur in individuals with a known gold allergy. Overall, edible gold flakes in these products are safe and not poisonous when consumed in typical culinary quantities. <sup>[2]</sup>

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1. <https://www.slofoodgroup.com/products/gold-flakes-edible-gold-flakes-for-garnishing-and-decoratio>  
[n](#)
2. <https://foodmeetsscience.com/2023/08/28/edible-gold-a-luxury-food-trend/>
3. [https://en.wikipedia.org/wiki/Edible\\_gold](https://en.wikipedia.org/wiki/Edible_gold)
4. [https://www.ediblegold.co.uk/blogs/blog/world-food-safety-day-ensuring-quality-in-luxury-ingredient](https://www.ediblegold.co.uk/blogs/blog/world-food-safety-day-ensuring-quality-in-luxury-ingredients-like-edible-gold-leaf)  
[s-like-edible-gold-leaf](#)
5. <https://www.senydajewels.com/blogs/news/is-edible-gold-safe-the-truth-behind-gold-leaf-in-food>