

Is aluminum a dangerous vaccine ingredient?

No.

Aluminum is used in vaccines as an adjuvant – a component that boosts the immune response to a vaccine. Infants are exposed to more aluminum in breastmilk than in all of their recommended vaccines during the first 6 months of life!

Fun Fact: Aluminum is found in fruits, vegetables, meats, and fish because it's the 3rd most abundant element on earth.



**Learn more
on this topic!**



**View the
booklet**

