

Facts Dismantle Fears of Formaldehyde

By Heather Simpson,
Back to the Vax

A prevalent argument I ran across during my time as an anti-vaxxer was that formaldehyde, an ingredient in some vaccines, was dangerous. This made immediate sense to me. In my brain, formaldehyde was equal to poison and that was all there was to it. I did not want to inject literal poison into my tiny baby's body. I loved her. Why would I do that?!

I couldn't understand people who just blew past this fact. Injecting formaldehyde felt very traumatic to me. I couldn't do it and I wouldn't do it. It wasn't until I really dug into why we use it in vaccines, the amount used, and what it actually was that I felt completely fine with it. I'm convinced that fighting freaky vaccine myths with indisputable facts that just make sense is the best way to dispel insecurities and vaccinate your child with confidence.

Formaldehyde is essential in human metabolism and is required for the synthesis of DNA and amino acids (the building blocks of protein). Therefore, all humans have detectable quantities of natural formaldehyde in their circulation (about 2.5 ug of formaldehyde per mL of blood). Assuming an average weight of a 2-month-old of 5 kg and an average blood volume of 85 mL per kg, the total quantity of naturally occurring formaldehyde found in an infant's circulation would be about 1.1 mg. This is about 1,500 times more than the amount an infant would be exposed to in any individual vaccine.

- Children's Hospital of Philadelphia

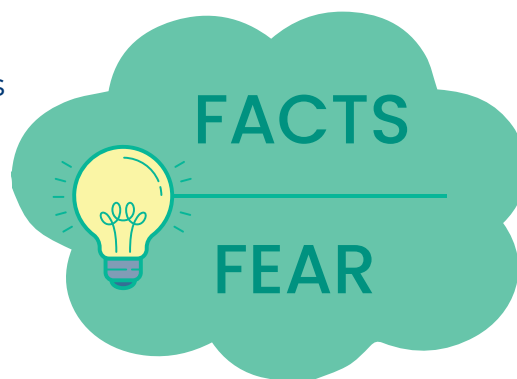
This means that your kiddo already has way more formaldehyde circulating in their system than in any vaccine they will be given. The fact that it is essential for the human body gave me a huge sigh of relief. You don't need to worry that you are injecting some foreign poison into your child's body, because you are not.

To break down the exact amount that is in vaccines:



DTaP	Quantity per dose: ≤ 0.005 mg – ≤ 0.1 mg
Polio	Quantity per dose: ≤ 0.02
HepB	Quantity per dose: < 0.0075 mg (pediatric)
Hib	Quantity per dose: < 0.005 mg

As you can see, these numbers are significantly smaller than the amount already found in your child's blood. The dose makes the poison. When someone uses the argument that formaldehyde in vaccines is dangerous, it's easy to feel that there may be a large amount of it being injected. The facts can immediately put this rumor and fear to rest.



Questions surrounding vaccination?



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Reviewed by: Vincent Iannelli, M.D., Pediatrician,
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