

# Borax Slime Health Risks and Alternatives

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## What is borax slime?

The Borax slime craze reached pre-teens and teens in the United States after a few slime videos became very popular on the internet. Standard ingredients include:

- School glue
- Borax (sodium tetraborate)
- Water
- Food coloring
- Glitter, additional decorations

## Is borax dangerous?

Simply put, it takes a lot of swallowed Borax or multiple exposures over a long period to cause serious problems. The amount of Borax in the slime solution is very small and typically does not cause issues. However, significant exposure to Borax can cause issues with breathing, the skin, the eyes, and the stomach. Pregnant women should be particularly cautious, and small children should be supervised when making and playing with slime.

## What are the symptoms of borax exposure?

There are various symptoms that have been connected to Borax exposure.

<b>Exposure</b>	<b>Signs and Symptoms</b>
Inhaled	Cough, shortness of breath, sore throat, nose bleeds
Absorbed through skin	Redness, dry skin, irritation
Eyes	Redness, irritation
Swallowed	Abdominal pain, diarrhea, headache, nausea, vomiting, weakness, lethargy, seizures

## **What should I do if my child swallowed Borax slime?**

If your child has swallowed Borax slime and shows any of the above signs and symptoms, **seek medical attention and call Poison Control: 1(800) 222 - 1222.**

## **What are some substitutes for Borax when making slime?**

There are many alternatives to Borax that you can use to make slime. Try gelatin powder, Metamucil® fiber supplement powder, or even saline solution.

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Author: Gregory Woods, M3  
Reviewer: Felicia Wang Tsaur, MD

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