

# How Much Gold Could be Found in a Human Body?

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Although [iron](#) is the most abundant metal in our body, traces of [gold](#) can be found in the human body in places such as the [brain](#), [heart](#), [blood](#), and [joints](#). If pure gold is collected in a human body weighing 70 kg, it can be up to 0.2 milligrams of gold. Although a high level of gold in our blood can cause [toxicity](#), scientists have determined that gold does serve a function in maintaining the health of our joints in a small amount.