

The oxygen absorber works by allowing finely divided iron to react with oxygen to create iron oxide, also known as rust. **The iron is not dangerous and may be absorbed by your body much like an iron supplement.** A person or animal can be poisoned by eating large quantities of iron. However, according to WebMD, poisoning symptoms begin to appear only after eating more than 10 mg of iron per kilogram of body weight. This means that even a small child or animal would need to eat several packets to have any poisoning reaction. If this does happen, seek emergency medical treatment.

Plastic Packet:

The packet that holds the oxygen-absorbing material is made of plastic, and it is engineered to slowly allow oxygen to enter the packet and react with the iron dust or other oxygen-absorbing material. **This plastic is not toxic**, although it may scratch your stomach and intestines. Having plastic in your stomach can cause nausea and stomach aches but should not cause permanent damage.

Dangers:

Although these packets are made to be nontoxic, it is worth noting that they are not tested for safety and cleanliness, as food would be. They are also usually manufactured in places that manufacture other chemicals and may have dust from toxic materials on them. Although accidentally eating one will probably not do any harm, it is not safe to consume them regularly.

From the **ASPCA**: <https://www.aspc.org/> Animal Poison Control Center: (888) 426-4435 (Visit our [Animal Poison Control](#) section for more information)