

# BORON

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**Brand Name: N/A**

**Generic Name: boron**

**Drug Class: Minerals, Other**

## **WHAT IS BORON AND HOW DOES IT WORK?**

Boron is a mineral that is found in food and the environment. People take boron supplements as medicine.

Boron is used for building strong bones, treating osteoarthritis, as an aid for building muscles and increasing testosterone levels, and for improving thinking skills and muscle coordination.

Women sometimes use capsules containing boric acid, the most common form of boron, inside the vagina to treat yeast infections.

People also apply boric acid to the skin as an astringent or to prevent infection; or use it as an eye wash.

Boron was used as a food preservative between 1870 and 1920, and during World Wars I and II.

Dosages of Boron:

- Natural product, no established recommended daily average for this nutrient

Dosage Considerations – Should be Given as Follows:

Paroxysmal Supraventricular Tachycardia

Adult Dosage

- 1-20 mg/day; maximum tolerable intake approximately 20 mg/day

Pediatric Dosage

Acceptable safe boron intake:

- Children 1-3 years: 3 mg/day

- Children 3-8 years: 6 mg/day
- Children 8-12 years: 11 mg/day
- Children 13-18 years: 17 mg/day

## **WHAT ARE SIDE EFFECTS ASSOCIATED WITH USING BORON?**

Side effects of boron include:

- blue/green discoloration of feces
- dermatitis
- diarrhea
- upper abdominal pain
- nausea
- vomiting

Rare side effects of boron include:

- renal impairment (high dose)

This document does not contain all possible side effects and others may occur. Check with your physician for additional information about side effects.

## **WHAT OTHER DRUGS INTERACT WITH BORON?**

If your doctor has directed you to use this medication, your doctor or pharmacist may already be aware of any possible drug interactions and may be monitoring you for them. Do not start, stop, or change the dosage of any medicine before checking with your doctor, health care provider or pharmacist first.

Boron has no known severe interactions with other drugs.

Boron has no known serious interactions with other drugs.

Boron has no known moderate interactions with other drugs.

Mild interactions of boron include:

- bazedoxifene/conjugated estrogens
- conjugated estrogens

- conjugated estrogens, vaginal
- estradiol
- estrogens conjugated synthetic
- estrogens esterified
- estropipate
- meastranol

This information does not contain all possible interactions or adverse effects. Therefore, before using this product, tell your doctor or pharmacist of all the products you use. Keep a list of all your medications with you, and share this information with your doctor and pharmacist. Check with your health care professional or doctor for additional medical advice, or if you have health questions, concerns or for more information about this medicine.

## **WHAT ARE WARNINGS AND PRECAUTIONS FOR BORON?**

### **Warnings**

- This medication contains boron
- Do not take boron if you are allergic to it or any ingredients contained in this drug
- Keep out of reach of children
- In case of overdose, get medical help or contact a Poison Control Center immediately

### **Contraindications**

- None reported

### **Effects of Drug Abuse**

- No information available

### **Short-Term Effects**

- See "What Are Side Effects Associated with Using Boron?"

### **Long-Term Effects**

- See "What Are Side Effects Associated with Using Boron?"

### **Cautions**

- Not yet fully established as required for human nutrition
- There is no evidence that boron supplementation higher than levels found in diet is beneficial

### Pregnancy and Lactation

- Boron is safe to use during pregnancy, when used below expected levels
- It is not for intravaginal use as it has been associated with birth defects
- Effects of boron use when breastfeeding have not been studied. Consult your doctor

*Reviewed on 5/12/2017*

Medscape. Boron.

<https://reference.medscape.com/drug/boron-344435#0>

RxList. Boron.

<https://www.rxlist.com/boron/supplements.htm>