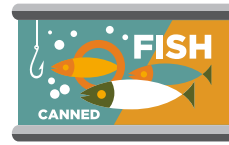


If you see "glass"  
in your can of tuna or  
salmon, don't panic!  
It's most likely struvite!



**FACT  
SHEET**



## WHAT IS STRUVITE

Struvite is a naturally occurring mineral that is safe to eat. We find it sometimes in canned fish. It can look like small shards of glass, but it will safely dissolve in your stomach.

## How do I know?

**CRUSH TEST:** Place suspected struvite on a hard surface. Press down hard on the struvite with a metal spoon. When struvite is crushed, it will break into small crystals or a powder.

**ACID TEST:** Pour a small amount of vinegar or lemon juice into a small microwave-safe bowl. Microwave the bowl for 30 seconds, then drop the struvite piece into the liquid. It should start to dissolve within about 10 minutes.

**If you ever think your food is unsafe, please discard it.**

**For more information:**

<https://komonews.com/news/consumer/speced-glass-in-canned-fish-actually-natural-crystal-11-28-2015>  
<https://www.causewaycoastandglens.gov.uk/uploads/general/Struvite.pdf>