

Apple Seeds & Cyanide.

Is there cyanide in apple seeds? WARNING.

In fact, you could die if you eat enough apple seeds or cherry pits. Apple seeds contain cyanogenic acids. Cherry pits, and seeds from related fruits, including peaches, plums, almonds, pears, and apricots, contain cyanogenic glycosides. Your body can detoxify small quantities of cyanide compounds. If you accidentally eat a cherry pit in a pie or swallow an apple seed or two, you'll be fine. Actually, if you swallow several seeds whole, you would absorb a minimal amount of the toxic compounds. Chewing, moistening, or crushing the seeds makes them much more hazardous to your health. Children and pets are much more likely to suffer poisoning from eating the seeds than adults.

"Amygdalin" is a cyanogenic glycoside compound which commonly occurs in the seeds or kernels of apples, almonds, apricots, cherries, and peaches, as well as the stems, leaves and roots of many rose (rosaceae) family species.

The hydrolysis of amygdalin can give rise to hydrogen cyanide. Normally, the presence of amygdalin alone in these seeds and kernels is not dangerous. However, cyanide can be formed when the seed is crushed and moistened.

Note: Acute intoxication and death have been reported in children following the ingestion of apricot seeds, which are capable of releasing 217 mg of cyanide per 100 g of moist seed.

*If poisoning is suspected...seek immediate medical treatment!!!*