

## Aluminum anode rods and health concerns:

*Suggest letting cold water run for 10 seconds before filling the drinking glass."*

Quotes from Tank forum:

"We have health concerns about using aluminum anodes that also apply to aluminum/zinc anodes, which are mostly aluminum.

People are exposed to aluminum in many ways each day, but we feel they should do what they can to limit that exposure.

People don't usually drink hot water or cook with it, but with a single-control faucet, hot water can be drawn from faucet if faucet cartridge is bad [or house suffers from [crossover](#) where hot water flows into the cold line, or if home has [re-circulation system](#).'

With single-handle faucet [or re-circulation system] we suggest letting cold water run for 10 seconds to clear the line, or wait for cold water to flow." End quote.

Wikipedia tends to disagree about aluminum health hazard except with people who are challenged by other health conditions.

Wiki says: "Aluminum is not soluble in water under normal circumstances. Aluminum is the third most abundant element and makes up 8% of Earth's solid surface. Aluminum is too reactive to occur natively, and is found combined in over 270 different minerals. Aluminum is well-tolerated by plants and animals, and exhibit low toxicity.

Quote from experts at Tank forum: "If you ever need to drink the water in your water heater as last resort, as emergency preparedness experts advise, you don't want the bottom of water heater to be full of aluminum compounds. They're hard on your stomach and intestines, and can cause arthritis-like symptoms in joints." End quote.

Remember, the water heater draws hot water off the top of the tank and not from the bottom, and each water heater manual recommends that tanks be flushed once each 6 months to prevent build-up at tank bottom.

[How to flush tank each 6 months to prevent build-up](#)

**Conclusion:** it is better to install magnesium anode rod. But don't worry excessively about the anode rod. If you are concerned, then replace anode rod. And let water run for several seconds to clear hot water out of tap before filling water glass.

[How to replace anode rod](#)

Generally magnesium rods have bump on head  
Aluminum rods have smooth top  
Combo anode rods are indistinguishable

Magnesium



Aluminum

