

The [United States] NRC publishes values of radionuclides that should not be exceeded by ingestion or inhalation in the course of a year to minimize any biological effects from radiation doses absorbed by tissues.

**The annual limit of intake (ALI) for Cs-137 is
100 microcuries
or
3.7 E06 bequerels for ingestion and**

**200 microcuries
or
7.4 E06 bequerels for inhalation.**

[http://www.uspharmacist.com/index.asp?
show=article&page=8_1324.htm](http://www.uspharmacist.com/index.asp?show=article&page=8_1324.htm)