

These Phones Emit the Most (and Least) Radiation

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Theme: [Intelligence](#), [Science and Medicine](#)

Global Research, November 26, 2019

[Zero Hedge](#) 25 November 2019

For most people nowadays, their smartphone is within arm's reach 24 hours a day. It's in their pocket while they're at work, it's in their hand on the train ride home and it's on their bedside table as they go to sleep. With this level of proximity and usage, many can't quite shake the niggling feeling that they might be risking damage to themselves in the long run.

While conclusive longitudinal research on the effects of cell phone radiation is still hard to come by, for those looking to hedge their bets, Statista's Martin Armstrong shows in the infographics below, the phones that emit the most (and least) radiation when held to the ear while calling.

The German Federal Office for Radiation Protection (Bundesamt für Strahlenschutz) has a [comprehensive database](#) of smartphones – new and old – and the level of radiation they emit.

Following the criteria set for this chart (see footnotes), **the smartphones creating the lowest level of radiation are the Samsung Galaxy Note8 and the ZTE Axon Elite** – with a specific absorption rate of 0.17 watts per kilogram.



You will find more infographics at [Statista](#)

In fact, alongside Nokia, [Samsung](#) handsets feature prominently, with eight of the smartphones on this ranking coming from the South Korean company.

This contrasts starkly with their major rival Apple. Two iPhones occupy a place in the list of phones which emit the most radiation, compared to none from Samsung, but, [as Statista's Martin Armstrong notes](#), the current smartphone creating the highest level of radiation is the Mi A1 from Chinese vendor Xiaomi.



You will find more infographics at [Statista](#)

Another Xiaomi phone is in second place – the Mi Max 3. **In fact, Chinese companies are represented heavily in this list, accounting for 7 of the top 15 handsets.** Premium [Apple](#) phones such as the iPhone 7 and the [iPhone](#) 8 are also here to be seen, though, as are the latest Pixel handsets from Google.

While there is no universal guideline for a 'safe' level of phone radiation, the German

certification for environmental friendliness 'Der Blaue Engel' (Blue Angel) only **certifies phones which have a specific absorption rate of less than 0.60 watts per kilogram.**

All of the phones shown in the second chart above come in at more than double this benchmark.

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