



Ciguatera comes from naturally occurring microscopic algae that often bloom on reefs damaged by natural events such as cyclones or human activity.



1
Algae carrying ciguatera.



2
Small plant-eating fish eat the algae and become toxic.



3
When larger predatory fish eat the small fish, they also eat and accumulate any toxin in those fish.



4
These fish are in turn consumed by humans.

How does the toxin end in your plate?



Nearly every kind of reef-associated fish species can be ciguatoxic, but some types of fish are more often or more severely ciguatoxic than others.

