



FACT SHEET

BISPHENOL-A (BPA)

Consumers hear a lot about chemicals used in manufacturing—and the phrase “chemical-free” has become a popular marketing term. People are encouraged to believe that chemical-free products are superior. And many companies are responding by removing certain chemicals from their products.

Yet before consumers embrace the idea that “chemical-free” is the way to go, they should learn more about the chemicals involved and why they were used in the first place. They will learn that removing chemicals often won't make the product any safer or better. In fact, in many cases, removing a harmless chemical during manufacturing or packaging compromises the product's safety and quality. One of the most commonly used and most misunderstood chemicals is called bisphenol-A.

THE FACTS YOU REALLY NEED TO KNOW:

What Is BPA?

- BPA stands for bisphenol-A, a chemical used to make certain plastics and resins. BPA has been used since the 1960s with no safety concerns. BPA is used in the lining of canned food to create an impenetrable seal, which protects the food from potentially deadly bacteria. BPA is also added to plastics to make products more durable, safer, longer-lasting, and affordable.

Where Can You Find BPA?

- BPA is mostly associated with canned food (to prevent bacterial contamination), yet because BPA makes plastic stronger (hard enough to replace steel and transparent enough to be used as a substitute for glass), it's also found in medical equipment, DVDs, car dashboards, eyeglass lenses, prosthetic limbs, bicycle helmets, safety goggles, sports equipment, furniture, roofing, garage doors, gardening tools, cell phones, laptops, tablet computers, gaming units, and other common items.

BPA Safety Record

- BPA has an incredible safety record. **The latest studies on BPA** show that the chemical passes quickly through the body, doesn't accumulate, and is excreted quickly, mainly through urine. More importantly, people simply don't come in contact with high enough levels of BPA through the use of everyday products and consumables for it to impact the human body.
- Some studies do show harm associated with BPA exposure. Yet, it's important to realize that in these studies, often conducted on mice and rats (and sometime monkeys), the animals are injected with massive doses of the chemical directly into their blood stream. This is not a proxy for how humans come in contact with BPA. People absorb trace, nearly undetectable levels of BPA, which are quickly metabolized by the human body. **BPA does not accumulate**, and the latest studies show that it **does not harm the human body at these low level dosages**.
- Health and safety regulatory agencies worldwide, drawing on thousands of studies, have concluded that BPA is safe. Those agencies include:
 - The Worldwide Health Organization
 - The Food and Drug Administration

- The Environmental Protection Agency
- The European Union's Food Safety Authority
- Japan's National Institute of Advanced Industrial Science and Technology
- Norway's Scientific Committee for Food Safety
- France's Food Safety Agency
- Germany's Federal Institute for Risk Assessment
- Canada's Health Agency
- Australia and New Zealand's Joint Food Standards Council

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FEAR COSTS YOU!

- Fear and misinformation is increasingly and unnecessarily driving consumers away from products that contain BPA and other safe and useful chemicals. They pay more for products that are no better and this consumer behavior encourages companies to move away from offering these safe, effective, and more affordable products.
- Companies needlessly spending money on verifying safety when it has already been demonstrated over and over again and certified by the regulatory agencies that oversee them.
- Companies needlessly put research and development dollars into finding alternatives to BPA (Campbell's soup announced it will stop using BPA in canned food even though no acceptable BPA alternative exists). This money could be better spent on expanding operations, developing new products, hiring additional workers, or reducing costs for shoppers.
- The scientific community is also wasting resources reconfirming the safety of this chemical. These research dollars would be better spent to find cures and treatments for deadly and crippling diseases.

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THE REASONABLE MOM SAYS:

Ignore the chemphobes and buy products that fit your budget. At one time, the use of chemicals to make products more durable, affordable and safer was thought of as progress. Today, fear of chemicals is threatening that progress as businesses are removing these chemicals, leaving products less safe and less effective than before. This is counterproductive. When used responsibly, chemicals like BPA are perfectly safe.

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STILL CONCERNED ABOUT CHEMICALS LIKE BPA? CHECK OUT THESE GOOD SOURCES FOR MORE RELIABLE INFORMATION:

- **The Sci Babe**, get your chemical and toxicological information from a real scientist. Yvette d'Entremont is one! With a B.S. in chemistry and a BA in theater, the Sci Babe will both inform and entertain you.
- **Mommy, PhD (find her on Facebook)**—Alison Bernstein is a mom, wife and scientist doing her best to promote science and destroy pseudoscience. She has a PhD in Biology and Biomedical Sciences and post-doctoral training in neurotoxicology and epigenetics.
- **Angela Logomasini with the Competitive Enterprise Institute**—A PhD who covers chemical issues, Angela has written extensively on endocrine disruption and chemical safety.
- **American Council on Safety and Health**—a nonprofit created and staffed by scientists dedicated to evidence based information on health and safety.

FOR MORE INFORMATION, VISIT WWW.IWF.ORG