



# Bisphenol A (BPA)

## Why am I being warned about potential exposure to bisphenol A?

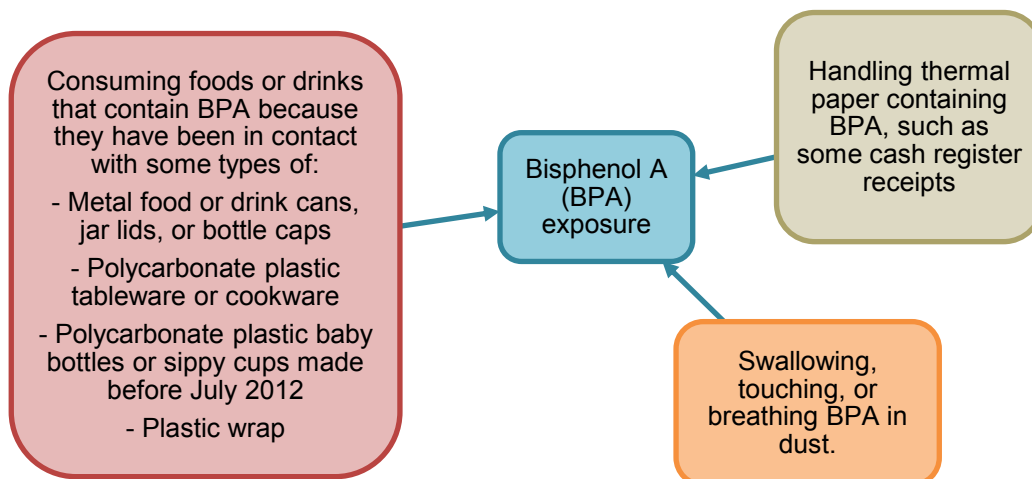


- Bisphenol A is on the [Proposition 65](#) list because it can harm the female reproductive system, including effects on ovaries and eggs.
- Proposition 65 requires businesses to determine if they must provide a warning about exposures to [listed chemicals](#).

## What is bisphenol A?

- BPA is a widely used chemical. Sources of exposure to BPA include:
  - ▶ Some linings that prevent rust, corrosion, and contamination in metal food and drink cans, jar lids, and bottle caps.
  - ▶ Polycarbonate (PC) plastic items such as some water bottles, water cooler bottles, dishes and utensils, cookware, food storage containers, and electric kettles.
    - Items made of this hard plastic often have the recycle code “7”, “3”, or “PC”.
  - ▶ Some polyvinyl chloride plastics (sometimes called PVC or vinyl), such as some plastic food wrap and some vinyl gloves.
  - ▶ Some thermal paper, which has a glossy surface and is often used for receipts such as from cash registers, gas pumps, and ATMs.

## How does exposure to bisphenol A occur?



**How can I reduce my exposure to bisphenol A?**

- ✓ Store food and liquids in glass or stainless steel rather than plastic containers.
- ✗ Avoid using polycarbonate plastic containers and tableware for hot food or drinks.
- ✗ Avoid microwaving polycarbonate plastic containers.
- ✗ Avoid washing polycarbonate plastic containers in the dishwasher.
- ✓ If you bottle-feed your infant, use glass bottles.
- ✓ Eat more fresh food and less canned food, if possible.
- ✓ Because BPA can get on your hands after touching some receipts, or coming in contact with BPA-containing dust, wash your hands and your child's hands frequently with soap and water, especially before preparing food and eating.
- ✓ Because BPA can be present in dust, reduce dust in your home by dusting and cleaning your floors regularly with a wet mop or a vacuum with a high efficiency particulate air (HEPA) filter, if possible.
- ✓ If your dentist recommends sealants or fillings, ask about BPA-free options.

**For more information:****General BPA Fact Sheets and Resources:**

- US Department of Health and Human Services (HHS)  
US Food and Drug Administration (FDA)
  - ▶ Bisphenol A (BPA)  
<http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm166145.htm>
  - ▶ Bisphenol A (BPA): Use in Food Contact Application  
<https://www.fda.gov/newsevents/publichealthfocus/ucm064437.htm>
- National Institute of Environmental Health Sciences (NIEHS)
  - ▶ Bisphenol A (BPA)  
<http://www.niehs.nih.gov/health/topics/agents/sya-bpa/index.cfm>
- Centers for Disease Control (CDC)
  - ▶ Bisphenol A (BPA)  
[http://www.cdc.gov/biomonitoring/pdf/BisphenolA\\_FactSheet.pdf](http://www.cdc.gov/biomonitoring/pdf/BisphenolA_FactSheet.pdf)
- National Toxicology Program (NTP)
  - ▶ Bisphenol A (BPA)  
[https://www.niehs.nih.gov/health/materials/bisphenol\\_a\\_bpa\\_508.pdf](https://www.niehs.nih.gov/health/materials/bisphenol_a_bpa_508.pdf)
- California Environmental Protection Agency (CalEPA) Office  
of Environmental Health Hazard Assessment (OEHHA)  
Biomonitoring California
  - ▶ Bisphenol A (BPA) Fact Sheet  
<http://www.biomonitoring.ca.gov/sites/default/files/downloads/BisphenolAFactSheet.pdf>

- The French Agency for Food, Environmental and Occupational Health & Safety (ANSES)
  - ▶ Assessment of the Health Risks of Bisphenol A  
<https://www.anses.fr/en/content/assessment-health-risks-bisphenol>
- European Food Safety Authority (EFSA)
  - ▶ Bisphenol A  
<http://www.efsa.europa.eu/en/topics/topic/bisphenol>

**Proposition 65:**

- California Environmental Protection Agency (CalEPA)  
Office of Environmental Health Hazard Assessment (OEHHA)
  - ▶ Proposition 65: Background  
<https://www.p65warnings.ca.gov/faq>
  - ▶ Proposition 65: The List  
<https://www.p65warnings.ca.gov/chemicals>