

# How Much BPA?

Does a Typical Person Take in Through a Normal Diet

BPA is primarily used to make polycarbonate plastic and epoxy resins, both of which are approved by the FDA for use in contact with food. Epoxy resins are widely used in food can linings to extend shelf life and protect food from contamination and spoilage. FDA's current assessment is that BPA is safe at the very low levels that occur in some foods.



For a person who weighs about **154 pounds**

The typical daily intake of BPA is approximately **2.4 micrograms\***

\* Based on data from the U.S. Centers for Disease Control

## How small is 2.4 micrograms? Micrograms in perspective



If a very small mint (weighing 210 milligrams) was broken into pieces that each weigh 2.4 micrograms, you would have more than 87,500 pieces, each smaller than the naked eye could see.

It would take about **240 years** to consume the entire mint if one piece was taken in every day, 365 days a year.

## What happens to BPA inside the human body?

We know a great deal about how BPA is processed by the human body from extensive studies on lab animals and some studies with human volunteers.

The trace amount of BPA that may be taken in through the normal daily diet is far below a level that could cause health effects.

When ingested, BPA is absorbed through the intestinal wall.

Most of the BPA that is taken in is converted in the intestine to a substance with no known biological activity.

Any trace amount of BPA that remains is then converted in the liver to the same inactive substance before entering the bloodstream.

The inactive substance is eliminated through urine within 24 hours.

In clinical studies when volunteers were exposed to much higher levels of BPA than typical, no BPA could be detected in the bloodstream.