

# Fact bite #11



## Bisphenol A (BPA)

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**Bisphenol A (BPA) has been widely used as a starting substance for polycarbonate plastics and epoxy resins, including in food contact applications such as drinking bottles and aluminum beverage cans.**

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**BPA is an endocrine disruptor that interacts with estrogen receptors, acts as an androgen receptor antagonist, and affects steroid synthesis.**

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***In vivo* studies have shown that exposure to BPA can impact brain structure, behavior, reproductive health, the immune system, and metabolic processes, among others.**

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**Epidemiological studies have linked BPA exposure to various health issues, including diabetes, cardiovascular disease, decreased semen quality, and obesity.**

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**In 2023, the European Food Safety Authority revised its scientific opinion on BPA by reducing the recommended tolerable daily intake by a factor of 20,000. This led the EU to ban the use of BPA in food contact materials.**

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