

# Fact bite #8



# Endocrine Disrupting Chemicals

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**Hormones are vital messenger chemicals that regulate growth, development, and normal health functions in our bodies.**

**2/5**  
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**Endocrine Disrupting Chemicals (EDCs) are external substances that interfere with hormone signaling, affecting hormone levels and disrupting normal biological functions.**

**3/5**  
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**Hormones and EDCs can exhibit nonmonotonic dose responses, which means they can have different or even greater effects at low concentrations compared to high concentrations.**

**4/5**  
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**EDCs can be present in food contact materials and migrate into foodstuff, raising concerns about potential adverse health impacts.**

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