



## Nanoplastic Contamination in Bottled Water

The latest United States study reveals an alarming reality about **bottled water**, uncovering the presence of hundreds of thousands of **nanoplastic particles** underscoring potential **health risks**.

- Each liter of bottled water contains **110,000 to 370,000 nanoplastic particles**. About **90% of these particles are nanosized, posing a higher risk to human health**.
- Nanoplastics are even smaller than **microplastics**, ranging below 1 micrometer in size.
  - Unlike microplastics (ranging between 5 millimeters and 1 micrometer), nanoplastics can move from the intestines and lungs **directly into the bloodstream** before reaching the heart and brain.
- The study found that common **plastics** in bottled water such as polyamide, polypropylene, polyethylene, polyvinyl chloride, polyethylene terephthalate (PET) could play a significant role in micro-nano plastics exposure from bottled waters.
  - PET used in **disposable beverage bottles could leach into water** when exposed to heat or squeezed.

**Read more:** [Impact of Microplastics on Gut Microbiomes](#)

PDF Reference URL: <https://www.drishtias.com/printpdf/nanoplastic-contamination-in-bottled-water>

