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