

Phthalates (Plasticisers)



What are Phthalates?

Phthalates are commonly used plasticisers and are used to make plastics flexible.

They are commonly used in polyvinyl chloride (PVC) and have been detected in polyethylene terephthalate (PET), polyvinyl acetate (PVA), polyethylene (PE), polypropylene (PP), polystyrene (PS), polyamide (PA) and polycarbonate (PC) plastic materials.

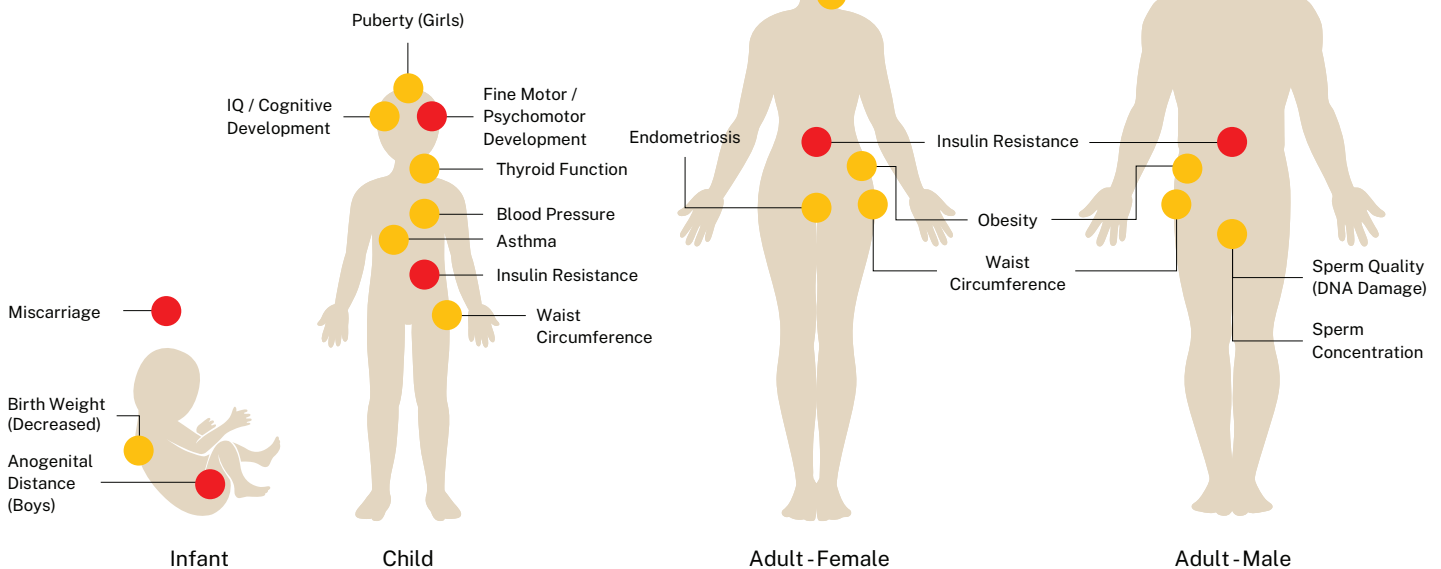
Phthalates exposure often occurs through the use of these products:

- Children’s toys
- Clothing
- Food packaging and processing materials
- Medical devices such as IV bags and tubing
- Cosmetics and personal care products
- Vinyl floor coverings and other building products
- Flexible PVC pipes



Phthalate exposure increases the risk of a number of health issues:

- Extremely alarming evidence of harm
- Deeply concerning evidence of harm



Sources:

Symeonides C, Aromataris E, Mulders Y, Dizon J, Stern C, Barker TH, Whitehorn A, Pollock D, Marin T, Dunlop S. An Umbrella Review of Meta-Analyses of Plastic-Associated Chemical Exposure and Human Health. *Annals of Global Health*. 2024; 90 (1) : 00, 1–52. DOI: <https://doi.org/10.5334/aogh.4459>

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