

Fact bite #12



Phthalates

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Phthalates, commonly used as plasticizers, are additives that make plastics more flexible.

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Some can migrate from packaging into food, which raises concerns as a few have been linked to various health issues including reduced fertility, reproductive toxicity, and testicular toxicity in animal studies.

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Increased phthalate levels in people have been associated with adverse health effects such as obesity and reduced masculinization in newborn boys.

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Despite regulations to curb their use, monitoring studies reveal ongoing challenges with non-compliant products still appearing on the market, especially those from outside the EU.

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