

The Proof Is In the Pudding – BPA Is Safe!



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It's been a long time coming but the results are in and available for the world to see. The CLARITY Core study on BPA has now been [published](#) in peer reviewed scientific literature. This marks the completion of a multi-year study that was conducted by senior scientists with the U.S. Food and Drug Administration (FDA).

That may not sound like a big deal. After all, scientific studies are published every day with no fanfare received (or deserved). But this one is different and worth every bit of your attention.

The story started almost ten years ago when FDA's scientists designed a comprehensive research program to answer key scientific questions and resolve remaining uncertainties about the safety of BPA. The [CLARITY Core study](#) is the crowning achievement of that program – not to mention the largest study ever conducted on BPA.

[Previous studies conducted by U.S. government scientists](#) have shown that human exposure to BPA is very low and that BPA is quickly eliminated from the body after exposure. Taken together, those results allow us to predict that BPA is not likely to cause health effects at the very low levels to which we may be exposed.

But as the saying goes, “the proof of the pudding is in the eating,” and that's exactly what FDA's scientists did. In the CLARITY Core study, which is the largest study ever conducted on BPA, laboratory animals were orally exposed throughout their entire lives to a range of BPA doses. Of most importance are the lowest doses that are close to the trace levels that

people may experience throughout their lifetimes.

In short, the results of the study are fully consistent with the prediction from earlier studies that BPA is not likely to cause health effects at low doses. As stated by the authors of the study, *“Based on a weight of evidence approach, we conclude that the core study data do not suggest a plausible hazard of BPA exposure in the lower end of the dose range tested.”*

[Regulatory authorities around the world](#) have generally concluded that BPA is safe at low doses and the results of the CLARITY Core study now provide strong supporting evidence to reinforce those conclusions. As further stated by the authors of the study, *“Our interpretation of the data generated in the present study is consistent with these assessments of the earlier published literature.”*

Importantly, the CLARITY Core study has been scientifically peer reviewed twice. In addition to the peer review that occurs as part of the scientific publication process, a draft study report was [previously peer reviewed](#) by a panel of independent scientific experts. These critical evaluations provided by peer reviews help to ensure the quality and credibility of the results.

As clearly stated by FDA on its website in the form of a Q&A: [“Is BPA safe? – Yes.”](#) The proof really is in the pudding.