

# Is There Plastic In Your Tea Bag?

## WHY PLASTIC & HOT WATER ARE A BAD COMBO

- Many tea companies package their products in tea bags made from plastic - either nylon, a synthetic thermoplastic polymer or polyethylene terephthalate (PET).
- In September 2019, researchers at McGill University found that a single one of these tea bags releases more than 11 billion microplastic and 3 billion nanoplastic particles when steeped in boiling water.
- Frequent tea drinkers could be repeatedly dosing themselves with billions of plastic particles, some small enough to potentially infiltrate human cells.
- In addition to these nylon and PET plastic tea bags, the majority of paper tea bags also contain plastic fibers used in the sealant.
- A 2019 report by the World Wide Fund for Nature found that adults ingest an average of a credit card's worth (5 grams) of plastic particles each week.
- The potential human health impacts of microplastic pollution are a cause of concern to many medical professionals and an area of increasingly urgent scientific study.
- In addition to requesting that tea companies transition to plastic-free packaging, tea lovers should skip single-use tea bags in favor of loose leaf teas brewed in a glass, metal or ceramic strainer.

