

How microplastics enter the body

Inhalation

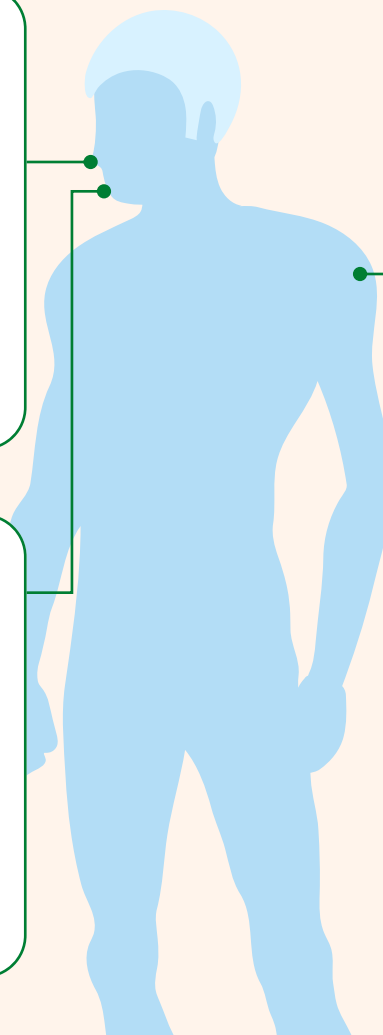
Microplastics can become airborne from the wear and tear of plastic items and synthetic textiles, leading to inhalation

Dietary intake

Microplastics are found in seafood, salt, beer, honey, and both tap and bottled water, among other food and beverage products.

Dermal absorption

Microplastics are present in various consumer products, including cosmetics and personal care items, leading to potential ingestion or skin contact.



Source: *The Conversation*