

## **Answers to Your Questions About Apple Juice**

### **Are media reports about arsenic in apple juice true?**

The results of tests for arsenic in apple juice that were reported on the Dr. Oz Show should not be interpreted as fact. Subsequent testing of the same lots of juice from two of the named brands show, using an appropriate method for testing arsenic levels in juice, found significantly lower levels of arsenic, all well under any FDA level of concern.

Test results reported on the Dr. Oz Show were based upon a method intended for testing water. The U.S. Food and Drug Administration (FDA) have a specific method for testing fruit juice because juice contains many more naturally occurring compounds than water. In addition, comparing the trace levels of arsenic in apple juice to the regulatory guidelines for drinking water are not appropriate because regulatory agencies have set lower thresholds for drinking water than for food and other beverages because people consume larger amounts of water.

### **Is it safe to drink apple juice?**

Yes. Apple juice is a safe and nutritious beverage for people of all ages. Consumers can be assured that apple juice processors are carefully testing their products for safety and data collected by the U.S. Food and Drug Administration (FDA) indicate there is no safety concern for apple juice.

### **What do reports about arsenic in apple juice really mean?**

Naturally occurring elements such as arsenic are present in the soil, air and water. Therefore, arsenic is found in very low, harmless levels in many foods and beverages.

### **Is it true that some apple juice products contain more arsenic than drinking water?**

Drinking water standards should not be used as the benchmark for testing for arsenic in foods and beverages. Regulatory agencies have set lower thresholds for drinking water than for food and other beverages because people consume larger amounts of water. Additionally, the FDA has established specific testing methodologies that should be used for testing for juice. These test methods are different than those for water because juice contains many more naturally occurring compounds.

### **What are the current FDA limits for arsenic in apple juice?**

The FDA has established what it calls a “level of concern” at 23 parts per billion (ppb) for the presence of inorganic arsenic in pear juice and apple juice. Two forms of arsenic --organic and inorganic -- are found in trace levels in many foods and beverages that are derived from nature. The FDA monitors levels of inorganic arsenic in apple juice because organic arsenic presents no toxicity. Through its comprehensive Total Diet Study program, the Food and Drug Administration evaluates the levels of trace elements, nutrients and other substances in a wide variety of foods and beverages. The purpose of the Study is to monitor levels of substances in the U.S. food supply and estimate their dietary intakes in the U.S. population. Data related to arsenic in apple juice, as well as for many other foods, have been routinely collected for the Total Diet Study since 1991. The most recent Total Diet Study data available, 2006 – 2008, shows the average arsenic content of bottled apple juice is 5 parts per billion (ppb), well below the FDA level of concern.

### **What are companies doing and what is the industry doing, to assure the safety of apple juice?**

The safety and quality of the beverages produced by the members of the Juice Products Association are our top priority. All juice companies must comply with FDA regulations known as the juice HACCP, meaning Hazard Analysis Critical Control Point. The HACCP regulation requires juice companies to evaluate their processes, ingredients and packaging, and monitor for biological, physical and chemical risks that could possibly occur in food processing. Juice processing facilities are inspected by federal and state agencies.

### **How can I trust the safety of the juice my family drinks?**

The FDA conducts sampling of juice and juice concentrates and that data indicate no safety concerns. The juice industry also does its own testing to ensure its products meet or exceed government guidelines and are safe for consumers to enjoy.

**Does juice concentrate produced in countries other than the U.S. pose a greater risk to consumers?**

No. Regardless of country of origin, all juice products sold in the U.S. must be safe and are subject to the HACCP requirements. In addition, the FDA and individual juice producers regularly monitor and test imported fruit juice to assure its safety.

**Is any amount of arsenic in food or drinks safe to consume?**

Arsenic is not harmful in the trace amounts that it is found in naturally sourced foods and beverages. Federal regulatory agencies such as the Food and Drug Administration (FDA) evaluate scientific data to determine levels that are safe in foods and beverages. The data collected by the FDA indicate there is no safety concern for apple juice or juice concentrate.

**Are other juices safer than apple juice?**

All juices sold in America are subject to rigorous food safety regulations and are safe for people of all ages.

**Do other juices contain arsenic?**

Arsenic is a naturally occurring element found in the soil, water and air. It can be present in trace amounts in many foods and beverages that are derived from natural sources.

**Do organic juices contain arsenic?**

Both conventionally produced and organically produced fruit juices are safe and may contain trace levels of arsenic that are not harmful.

**Should I stop drinking fruit juice?**

Absolutely not. There are many benefits from drinking 100% fruit juice. Fruit juice is a nourishing beverage that counts as a serving of fruit and is a healthful addition to a well-balanced diet.

### **What exactly is arsenic?**

Arsenic is a naturally occurring element in our environment. It is widely distributed within the earth's crust, in rocks and metals, and also occurs in combination with other elements such as oxygen, chlorine, and sulfur. It enters the environment through both natural and manmade sources.

### **Why are these reports of arsenic coming out at this time?**

Misleading media reports that compare arsenic levels in juice to those in water create sensationalized headlines that attract attention but needlessly frighten consumers. In a recent incident, the FDA and a nationally recognized independent lab conducted subsequent testing of juice from one of the same companies singled out by media and found the juice to be completely safe.