

# Propyl Paraben in Drinking Water

*Propyl paraben is a contaminant that may be in water that could be used as drinking water in Minnesota. The Minnesota Department of Health (MDH) found that there is not enough information about the health effects of propyl paraben to develop a guidance value.*

## What is propyl paraben?

Propyl paraben is used as a preservative in packaged food products, pharmaceuticals, and personal care products.

## How much propyl paraben is in Minnesota water?

MDH believes propyl paraben might be a common contaminant in water because it is widely used. However, there is no information about levels in Minnesota waters.

## What is the MDH guidance value for propyl paraben in drinking water?

MDH did not develop a guidance value for propyl paraben because there is not enough information about potential health effects from exposure in drinking water. If more information becomes available, MDH may consider further review of propyl paraben.

## How can I safely use products containing propyl paraben?

Parabens may be listed on personal care products as propyl paraben, methyl paraben, butyl paraben, or ethyl paraben. Propyl paraben may also be listed as “propyl p-hydroxybenzoate” or “propyl parahydroxybenzoate,” especially on food or beverage labels. Avoid this products if you are concerned about exposure.

## What health information was found about propyl paraben?

Propyl paraben may mimic the effects of estrogen, a hormone in the human body. However, these effects were seen only in laboratory animals when propyl paraben was injected under the skin, not when consumed in the diet. There is not enough to understand what these results mean for human health.

## For more information contact:

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## At a Glance

### Propyl paraben is...

- used as a preservative in packaged food products, pharmaceuticals, and personal care products.

### Propyl paraben enters your body from...

- eating food and using personal care products which contain propyl paraben.

### Your exposure to propyl paraben can be reduced by....

- avoiding products that contain parabens.

### MDH did not develop health based guidance for propyl paraben because...

There is currently not enough information about the health effects from propyl paraben in drinking water.

### The Contaminants of Emerging Concern (CEC) Program...

Evaluates health risks from contaminants in drinking water.