



Methanol

Why am I being warned about potential exposure to methanol?



- Methanol is on the [Proposition 65](#) list for [reproductive toxicity](#). Significant exposure to methanol during pregnancy may affect the development of the child.
- California's Proposition 65 requires [businesses](#) to warn people before exposing them to a significant amount a [chemical](#) listed under Proposition 65 for cancer or reproductive toxicity.

What is methanol?

- Methanol is a flammable liquid. It is used as a solvent and an ingredient in some consumer products such as varnishes, paints, and adhesives. It is sometimes called “methyl alcohol” or “wood alcohol.”
- [Methanol is poisonous](#).
 - ▶ It can be found in improperly produced distilled spirits, including some homemade spirits.
 - ▶ It is sometimes illicitly added to distilled spirits and used in [hand sanitizers](#) to lower production costs, and is not included in the lists of ingredients.
- There are low levels of naturally occurring methanol in fruits and vegetables, and in some food and juices prepared from them. These levels of methanol are not a health concern.

How does significant exposure to methanol occur?

- Drinking improperly produced distilled spirits can expose you to dangerously high levels of methanol.
- You can also be exposed to methanol when using products that contain the chemical, like some cleaning products, solvents, paints, adhesives, windshield wiper fluid, de-icing solutions, and picnic stove fuels.
- During pregnancy, methanol can pass from mother to baby.

How can I reduce my exposure to methanol?

- ⊗ Do not consume improperly produced distilled spirits.
- ⊗ Do not consume [alcohol](#) of any kind if you are pregnant or might be pregnant.
- ✓ When using products like varnishes, adhesives, and paints that contain methanol, always follow the manufacturer's instructions and safety precautions on the product label.

- ✓ Be sure to have adequate ventilation when you are working with solvents, varnishes, paints, and adhesives.
- ✓ Use the [US Food and Drug Administration \(FDA\) special webpage](#) to identify hand sanitizers that contain methanol. Do not use these products.
- ✓ Wash your hands and your child's hands, especially before preparing food and before eating.

For more information:

General Fact Sheets and Resources

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65 Interpretive Guideline No. 2012-01 Consumption of Methanol Resulting from Pectin that Occurs Naturally in Fruits and Vegetables
<https://oehha.ca.gov/media/downloads/proposition-65/chemicals/ig12001methanol.pdf>
- National Library of Medicine
Medline Plus. Trusted Health Information for You
 - ▶ Methanol Poisoning
<https://medlineplus.gov/ency/article/002680.htm>
- US Food and Drug Administration (FDA)
 - ▶ FDA updates on hand sanitizers consumers should not use
<https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use#products>

Scientific Information on Methanol

- US Department of Health and Human Services (HHS)
National Toxicology Program (NTP)
 - ▶ NTP-CERHR Monograph on the Potential Human Reproductive and Developmental Effects of Methanol
https://ntp.niehs.nih.gov/ntp/ohat/methanol/methanol_monograph.pdf

Proposition 65

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List of Chemicals
<https://www.p65warnings.ca.gov/chemicals>
 - ▶ Proposition 65: Fact Sheets
<https://www.p65warnings.ca.gov/fact-sheets>