Chewing Gum Might Be Dosing You With Microplastics

2 MIN READ

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Microplastics are everywhere and we’re on a mission to help you reduce exposure.

Here’s a stat that might stay with you longer than that last piece of minty chew: one piece of gum can release up to 3,000 microplastic particles—most of them in the first eight minutes.

That insight comes from a pilot study presented at the **American Chemical Society** in 2025. Researchers revealed that commercial gum doesn’t just freshen your breath. It may be quietly dosing your mouth with microscopic plastic particles.

The Ingredients You’re Not Told About

Most of us chew gum without thinking twice. But most commercial gum bases are made from synthetic plastic—the same types of polymers used in plastic bottles and food wrappers. These include polyolefins, polyethylene terephthalate (PET), polystyrenes, and polyacrylamides. Even gums labeled “natural” released comparable levels of microplastics when tested.

The bigger issue? “Gum base” is an unregulated term. Manufacturers aren’t required to disclose exactly what’s inside. That means you could be chewing on a cocktail of industrial polymers with no real insight into how they affect your health over time.

Why This Matters for Longevity

Microplastics are showing up everywhere—our food, water, bloodstreams, and now our daily habits. While this study doesn't sound a public health alarm, it adds to a growing body of evidence suggesting that repeated, low-dose exposures may influence inflammation, immune health, and long-term vitality.

In the Super Age, living well means paying attention to what enters our bodies in both obvious and subtle ways. It's not about restriction. It's about informed rituals.

If gum is part of your daily rhythm, here are a few ways to align it with your healthspan goals:

- **Choose Plastic-Free Brands.** Companies like **Simply Gum**, **Glee Gum**, and **True Gum** use natural chicle or biodegradable bases and share their full ingredient lists. Transparency is part of the value.
- **Check the Label.** Watch for ingredients like polyvinyl acetate, polyethylene, or butyl rubber. If they show up, so do microplastics.
- **Reconsider the Habit.** Gum can be a tool for calming nerves or freshening breath—but not every ritual earns a lifelong spot in your routine. If it's not serving your body, there are better swaps.
- **Stay Curious.** The science on microplastics is still unfolding. Keep paying attention to new findings, and choose brands that treat your body and the environment with respect. And stay tuned for our Super Age Microplastics Action Guide, which we're working on now.

This isn't about fear. It's about clarity. Our longevity is built on consistent, informed choices. Even something as simple as a stick of gum can be a moment to choose better.

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