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Does Reverse Osmosis Remove PFAS From Drinking Water?

Article: [Culligan.com](https://www.culligan.com)



With PFAS (per- and polyfluoroalkyl substances) making headlines this year, many people are researching how to remove these contaminants from their drinking water. One of the most common results, when doing research, is a reverse osmosis (RO) system. While most RO's are able to address heavy metals, such as lead, mercury, and chromium, viruses, bacteria, pesticides, and more; not all systems are set-up to tackle PFAS.

When looking for options to treat your water you may come across water pitchers that focus on eliminating these contaminants, yet many do not have the capabilities to address all of your drinking water concerns. There are also whole-house options that can treat your home's water throughout your house. These systems, paired with the right media, such as granulated activated carbon and/or a PFAS-specific ion exchange resin, are able to tackle your PFOA/PFAS concerns. If you are looking for something that can provide you with bottled-water quality water, while eliminating PFOA/PFAS, a reverse osmosis system would be a good fit for you. As you are looking, be sure to look for third-party certifications, such as NSF/ANSI 53, for definitive contaminant reduction.

With a RO system to ease your PFAS worries, it's still important to be mindful of these harmful contaminants. PFAS have been around since the 1950s and due to it's oil and water resistance has been used in non-stick cookware and fire-fighting foam, amongst other things. That means PFAS have had over half a century to intensify and expand across the world and seep into water sources. So, we are not only ingesting these contaminants from the tap water, but additionally plants and animals use the same water, therefore PFAS are inadvertently contaminating the food chain.

Researchers are continuously studying and learning about PFAS and their hidden effects. Their efforts have detected possible connections between these toxic contaminants and certain types of cancers, elevated cholesterol levels, a change in thyroid function, and how they impact the immune system. As a result of their findings, regulators have amended their suggestions and limitations to PFAS; recently the EPA announced new drinking water regulations to safeguard millions of Americans from PFAS contamination.

The more we learn about PFAS the better we are able to make more informed decisions. Being aware of contamination areas and how they may effect your soil and the air you breathe is important. If you have concerns your water may be affected, beginning with a water test can help you determine what contaminates, if any, that are in your water. Our water experts will let you know your water test results and their recommendations for treatment. Lastly, trying to limit usage of anything that may be waterproof or grease-resistant will help reduce your PFAS consumption.

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