

Lead in Soil
Part II: Relative Absorption Factors and
Source Allocation Factors for Use
with Selected Toxicity Reference Values

Ontario Ministry of the Environment,
Conservation and Parks

Human Toxicology & Air Standards Section
Technical Assessment & Standards Development Branch

March 2024

Human Toxicology & Air Standards Section
Technical Assessment & Standards Development Branch,
Ontario Ministry of the Environment, Conservation and Parks
Toronto, Ontario, Canada

CONTRIBUTORS:

Marco Pagliarulo, Senior Regulatory Toxicologist
Jim Gilmore, Coordinator, Air Standards and Risk Management

Executive Summary

This is Part II of the ministry's two-part *Lead in Soil* document and should be considered in conjunction with *Lead in Soil – Part I: Toxicity Reference Values Selected for Children and Adults*. The following table presents relative absorption factors (RAFs) and source allocation factors (SAFs) recommended for use with the child- and adult-specific risk-specific doses (RSDs) selected by the ministry for lead (Pb) in soil. Details about the selections of these RAFs and SAFs are presented in this document.

Receptor Category	Relevant RSD	Estimated RAF _{ORAL} for Soil Pb	Estimated RAF _{DERMAL} for Soil Pb	SAF
infant	5.0 x 10 ⁻⁴ mg/kg/d EFSA (2013) child-specific RSD	60%	0.4%	20%
toddler		60%		50%*
child (4 to <12 y)		35%		20%
teen (12 to <20 y)		45%		80%
adult	6.3 x 10 ⁻⁴ mg/kg/d EFSA (2013) adult-specific RSD	60%	1%	80%
pregnant woman		100%		

* For the toddler, the SAF of 50% is contingent on the soil ingestion rate of 200 mg/d considered representative of an upper estimate of ingestion of soil and house dust combined. The use of an alternative soil ingestion rate for only soil (no house dust) would require a revision of the SAF to 20%.

Table of Contents

EXECUTIVE SUMMARY	3
1.0 INTRODUCTION	5
2.0 RELATIVE ABSORPTION FACTORS.....	5
2.1 Oral Relative Absorption Factor Values	5
2.2 Dermal Relative Absorption Factor Values	11
3.0 SOURCE ALLOCATION FACTORS.....	12
3.1 Methodology for Determining Source Allocation Factors for Pb.....	12
3.2 Sources of Background Exposure to Pb.....	13
3.2.1 Lead in House Dust.....	13
3.2.2 Lead in the Diet	13
3.2.3 Lead in Drinking Water.....	15
3.2.4 Lead in Other Media.....	15
3.3 Estimates of Total Background Exposures to Determine Source Allocation Factors for All Receptors.....	16
3.4 SAF Adjustment for the Toddler Receptor	16
4.0 SUMMARY.....	17
5.0 REFERENCES.....	18
APPENDIX A: ABSORPTION RATES OF DIETARY CALCIUM ACROSS RECEPTOR CATEGORIES	20

1.0 Introduction

Please note that although this two-part *Lead in Soil* document with toxicity reference values (TRVs), relative absorption factors (RAFs), and source allocation factors (SAFs) for Pb in soil is considerably more detailed than the ministry's TRV selection documents for other contaminants, it is beyond the scope of the ministry's TRV program to provide extensive details. The goal of this document was not to report on the entire database of relevant data, but rather, to provide a reasonable snapshot of relevant data sufficient to inform science-based decisions.

For sites contaminated with lead (Pb) in soil, risk-specific doses (RSDs) for Pb may be used to develop soil Pb criteria and to conduct human health risk assessments (HHRAs). To refine these calculations, a relative absorption factor (RAF) and source allocation factor (SAF) may be applied in conjunction with a Pb RSD. This is Part II of the ministry's *Lead in Soil* document which estimates and provides generic RAFs and SAFs for use with the child- and adult-specific Pb RSDs selected in Part I.

Oral and dermal RAFs (RAF_O and RAF_D , respectively) are discussed in Section 2.0. SAFs are discussed in Section 3.0.

2.0 Relative Absorption Factors

The absorption of a contaminant is dependent on the receptor, the medium containing the contaminant, and the exposure route. The following are the key parameters generally affecting Pb absorption in the context of human exposures on contaminated sites, though other factors may affect absorption as well:

- absorption of Pb by infants or adults vs. absorption by other receptor categories
- absorption of Pb from diet or drinking water vs. absorption from soil
- absorption of Pb via the oral route vs. the dermal route of exposure

Relative absorption in the context of human exposure to soil Pb on contaminated sites can be defined as the route-specific absorption of soil Pb by the human receptor in the exposure scenario of interest *relative to* the oral absorption of Pb in the RSD's key study scenario (the human receptor category and medium forming the basis of the key study/studies used in the derivation of the RSD).

Sections 2.1 and 2.2 present recommended oral and dermal RAF values, respectively.

2.1 Oral Relative Absorption Factor Values

An oral relative absorption factor (RAF_O) may be applied with a TRV in HHRAs and in the development of soil criteria to assist in the quantification of exposures via the oral route. The following discussion shows the method for estimating RAF_O values for use with the Pb RSDs selected in Part I of the ministry's *Lead in Soil* document for each receptor category of interest: infant, toddler, child, teen, adult, and pregnant woman.

RAF_O values for the infant/toddler and the average adult are calculated using Equation 1 as shown below. However, for the child, teen, and pregnant woman, data on absolute oral Pb absorption *from soil* are lacking; the ratio of relative absorption of dietary calcium (Ca) between receptor categories can help determine oral soil Pb absorption for these receptor categories. Pb competes and interferes with Ca throughout the body, including absorption in the gastrointestinal tract via passive transport through epithelial cell tight junctions and via active transport for which the Ca transport protein exhibits high affinity for both Pb and Ca (Kordas, 2017; Rădulescu and Lundgren, 2019).

Equation 2a assumes that the ratio of soil Pb absorption among two receptor categories is similar to the ratio of dietary Ca absorption among those same receptor categories. Therefore, if “*oral soil Pb absorption for receptor of interest*” (the numerator of Equation 1) is not available, this parameter may be estimated using dietary Ca absorption data (and Equation 2b). In other words, Equation 2a uses Ca absorption data and can be rearranged into Equation 2b to solve for “*oral soil Pb absorption for receptor of interest*”. Equations 1 and 2b can then be combined to obtain Equation 3 in order to calculate RAF_o . **Since absolute oral soil Pb absorption values are not available for the child, teen, and pregnant woman, Equation 3 is used to calculate RAF_o for these receptor categories.** Sample calculations for estimating RAF_o values for the child (4 to <12 years old) and for the pregnant woman are shown below the initial presentation of the equations.

For each receptor category, Table 2-1 presents each estimated RAF_o value and a rationale for its estimation. Sources of all *absolute* absorption values used are as follows:

- For the key study scenario of EFSA’s (2013) child-specific RSD, absolute absorption of soil Pb for the infant and toddler is assumed to be 30%, which is based on professional judgement from US EPA (1994) in the Integrated Exposure Uptake Biokinetic (IEUBK) model.
- Absolute absorption of dietary Pb for the infant is estimated to be 50% based on the studies by Alexander *et al.* (1974) and Ziegler *et al.* (1978); this is also the value used in US EPA’s (1994) IEUBK model for absolute absorption from Pb in the diet for ages 1 to 6.
- For the key study scenario of EFSA’s (2013) adult-specific RSD, absolute absorption of soil Pb for the average adult is assumed to be 12%, which is US EPA’s (2003) default estimate used for assessing risks associated with adult exposures to soil Pb.
- Absolute absorption of Pb in drinking water for adults is assumed to be 20%. This is US EPA’s default estimate based on a weight-of-evidence determination and applies to soluble forms of Pb in drinking water and food (US EPA, 2003).
- Estimates of absolute dietary Ca absorption for various receptor categories are shown in Table A-1 in Appendix A.

$$\text{RAF}_0 = \frac{\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{l} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right)}$$

(Equation 1)

$$\frac{\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor in RSD's key study scenario} \end{array} \right)} = \frac{\left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right)}$$

(Equation 2a)

$$\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor of interest} \end{array} \right) = \frac{\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor in RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right)}$$

(Equation 2b)

$$\text{RAF}_0 = \frac{\left(\begin{array}{l} \text{oral soil Pb absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{l} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{l} \text{dietary Ca absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right)}$$

(Equation 3; from Equations 1 and 2b combined)

Sample calculation - Estimation of RAF_0 for the child (4 to <12 years old):

From equation 1:

$$RAF_0 = \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{c} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right)} = \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for child} \end{array} \right)}{\left(\begin{array}{c} \text{dietary Pb absorption} \\ \text{for infant/toddler} \end{array} \right)}$$

From equation 3:

$$RAF_0 = \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{c} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right)}$$

$$= \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for infant/toddler} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for child} \end{array} \right)}{\left(\begin{array}{c} \text{dietary Pb absorption} \\ \text{for infant/toddler} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for infant/toddler} \end{array} \right)}$$

$$= \frac{(30\%) \times (35\%)}{(50\%) \times (60\%)}$$

$$RAF_0 \text{ for child} = 35\%$$

Sample calculation - Estimation of RAF_0 for pregnant woman:

From equation 1:

$$RAF_0 = \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{c} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right)} = \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for pregnant woman} \end{array} \right)}{\left(\begin{array}{c} \text{dietary Pb absorption} \\ \text{for average adult} \end{array} \right)}$$

From equation 3:

$$\begin{aligned} RAF_0 &= \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for receptor of interest} \end{array} \right)}{\left(\begin{array}{c} \text{oral Pb absorption} \\ \text{in RSD's key study scenario} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for receptor of RSD's key study scenario} \end{array} \right)} \\ &= \frac{\left(\begin{array}{c} \text{oral soil Pb absorption} \\ \text{for average adult} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for pregnant woman} \end{array} \right)}{\left(\begin{array}{c} \text{dietary Pb absorption} \\ \text{for average adult} \end{array} \right) \times \left(\begin{array}{c} \text{dietary Ca absorption} \\ \text{for average adult} \end{array} \right)} \\ &= \frac{(12\%) \times (60\%)}{(20\%) \times (20 \text{ to } 36\%)} \end{aligned}$$

RAF_0 for pregnant woman = 100 to 180%

Table 2-1: Recommended Oral Relative Absorption Factor (RAF_o) Values by Receptor Category

Receptor Category	Relevant RSD	Estimated RAF _o for Soil Pb	Rationale
infant & toddler	EFSA (2013) child-specific RSD	60%	<ul style="list-style-type: none"> Based on US EPA's (1994) IEUBK model: Absolute absorption of soil Pb for infant/toddler (exposure scenario) is 30% (based on US EPA professional judgement) & absolute absorption of dietary Pb for infant / toddler (RSD's key study scenario) is 50% (Alexander <i>et al.</i>, 1974; Ziegler <i>et al.</i>, 1978). [30% ÷ 50% = 60%]
child (4–11 y)		35%	<ul style="list-style-type: none"> Cannot be estimated directly because data on absolute absorption of soil Pb for the child (soil Pb absorption for receptor of exposure scenario) are not available. RAF_o of 35% can be estimated using Equation 3: <ul style="list-style-type: none"> 30% absolute oral soil Pb absorption for receptor of RSD's key study (soil Pb, infant); US EPA, 1994 35% absolute dietary Ca absorption for receptor of exposure scenario (dietary Ca, child); Appendix A 50% absolute oral Pb absorption in RSD's key study scenario (dietary Pb, infant); US EPA, 1994 60% absolute dietary Ca absorption for receptor of RSD's key study (dietary Ca, infant); Appendix A (30% x 35%) ÷ (50% x 60%) = 35%
Teen (12–19 y)		45%	<ul style="list-style-type: none"> Cannot be estimated directly because data on absolute absorption of soil Pb for the teen (soil Pb absorption for receptor of exposure scenario) are not available. RAF_o of 25–45% can be estimated using Equation 3: <ul style="list-style-type: none"> 30% absolute oral soil Pb absorption for receptor of RSD's key study (soil Pb, infant); US EPA, 1994 25–45% absolute dietary Ca absorption for receptor of exposure scenario (dietary Ca, teen); Appendix A 50% Pb absolute absorption in RSD's key study scenario (dietary Pb, infant); US EPA, 1994 60% absolute dietary Ca absorption for receptor of RSD's key study (dietary Ca, infant); Appendix A (30% x 25–45%) ÷ (50% x 60%) = 25–45% 45% RAF_o selected to account for highest Ca absorption of teen years being during puberty (EC-SCF, 2003)
adult	EFSA (2013) adult-specific RSD	60%	<ul style="list-style-type: none"> US EPA (2003) provides 12% for absolute absorption of soil Pb for average adult (exposure scenario), 20% for absolute absorption of soluble Pb for adult (which can be used here as absolute absorption of drinking water Pb for adult (adult RSD's key study scenario)), and 60% for RAF_o. [12% ÷ 20% = 60%]
pregnant woman		100%	<ul style="list-style-type: none"> Cannot be estimated directly because data on absolute absorption of soil Pb for the pregnant woman (soil Pb absorption for receptor of exposure scenario) are not available. RAF_o of 100–180% may be estimated using Equation 3: <ul style="list-style-type: none"> 12% absolute oral soil Pb absorption for receptor of RSD's key study (soil Pb, average adult); US EPA, 2003 60% absolute dietary Ca absorption for receptor of exposure scenario (dietary Ca, pregnant woman); App. A 20% Pb absolute absorption in RSD's key study scenario (drinking water Pb, average adult); US EPA, 2003 20–36% absolute dietary Ca absorption for receptor of RSD's key study (dietary Ca, average adult); App. A (12% x 60%) ÷ (20% x 20–36%) = 100–180% Assumption of 100% RAF_o is selected under the assumption that the <i>pregnant</i> woman absorbs Pb from soil to same degree that the average adult absorbs Pb from drinking water.

The RAF_O values shown in Table 2-1 are recommended as generic or default values for the ministry's selected Pb RSDs for use in HHRAs and in the development of soil criteria. Note that the RAF_O values for the adult and pregnant woman should not be directly compared to the RAF_O values for other receptor categories as they are for use with different RSDs and are based on different key study scenarios.

2.2 Dermal Relative Absorption Factor Values

A dermal relative absorption factor (RAF_D) is applied with an RSD in HHRAs and in the development of soil criteria to assist in the quantification of exposures via the dermal route. Table 2-2 shows values for absolute dermal Pb absorption reported in the scientific literature.

Table 2-2: Absolute Dermal Absorption of Lead in the Scientific Literature

Reported Dermal Absorption	Species	Dermal Absorption Measured as <u>Into</u> or <u>Through</u> the Skin?	Occluded or Unoccluded Skin?	Notes	Reference
up to 0.4%	human, <i>in vivo</i>	through skin (whole body measurements)	unoccluded	lead acetate, for 24 h	Moore <i>et al.</i> , 1980
0.2%	human, <i>in vivo</i>	into blood	occluded	lead acetate, for 24 h	Stauber <i>et al.</i> , 1994
0.4% (in 21 h)	mouse, <i>in vivo</i>	through skin (into circulatory system)	occluded	lead acetate	Florence <i>et al.</i> , 1998
up to 0.001%	rat, <i>in vivo</i>	through skin (into circulatory system)	occluded	various forms of Pb, for 48 h	Sun <i>et al.</i> , 2002
up to 0.003%	human, <i>in vitro</i>	migrated through skin	unoccluded	lead oxide powder for 24 h	Filon <i>et al.</i> , 2006
0.001–0.004% (in 24 h)	pig fetus, <i>in vitro</i>	through skin into receptor medium	unoccluded	Pb in metal cutting fluids	Julander <i>et al.</i> , 2020

The absolute dermal absorption rates obtained from the literature range across several orders of magnitude. Some reported dermal absorption rates were excluded from consideration based on aspects of study methodology or reporting:

- *Excessive exposure duration:* Dermal absorption rates reported in Pounds (1979) were excluded as they were based on exposure durations of 14 days or 4 weeks rather than a duration more relevant to the use of dermal absorption data in HHRAs (*i.e.*, closer to 24 hours).
- *Inclusion of Pb retained in skin in measurement of dermal absorption:* Dermal absorption implies the passage of the contaminant *through* the skin and into the systemic circulation. The portion of the contaminant which enters the skin but is retained there (rather than passing through the dermal layers) might not enter the systemic circulation. Indeed, exfoliation could be an important pathway of elimination of metals from the skin (Hursh *et al.*, 1989). Dermal absorption rates reported by Bress and Bidanset (1991) and the absorption rate of $\leq 29\%$ from Stauber *et al.* (1994) were excluded as those values include Pb retained within the skin.

Skin occlusion generally refers to applying a patch over the test area of skin. It may increase percutaneous absorption of applied chemicals; however, among the studies shown in Table 2-2 above, there does not appear to be an evident relationship between occlusion and reported dermal absorption. Therefore, skin occlusion was not considered as a factor in selecting a dermal absorption rate.

Based on the range of relevant values identified, an absolute dermal absorption rate of 0.2% is selected as it represents a midpoint of the range. Since data specific to age or pregnancy status is lacking, the value of **0.2% for absolute dermal absorption of soil Pb is applied to all receptor categories.**

Determining a RAF_D requires both an estimate of *absolute* dermal absorption in the exposure scenario (determined above to be 0.2%) and an estimate of absolute absorption in the RSD's key study scenario. As discussed in Table 2-1, an estimate of absolute oral absorption of dietary Pb for the infant/toddler (the key study scenario for EFSA's (2013) child-specific Pb RSD) is 50% (Alexander *et al.*, 1974; Ziegler *et al.*, 1978; US EPA, 1994). **Therefore, the proposed RAF_D for use with EFSA's (2013) child-specific Pb RSD (for the infant, toddler, child, and teen) is 0.4%** ($0.2\% \div 50\% = 0.4\%$).

Also discussed in Table 2-1, an estimate of absolute oral absorption of soluble Pb for adults (used as an estimate of absolute absorption of drinking water Pb for adults in the key study scenario of EFSA's (2013) adult-specific Pb RSD) is 20% (US EPA, 2003). **Thus, the proposed RAF_D for use with EFSA's (2013) adult-specific Pb RSD of (for the adult and the pregnant woman) is 1%** ($0.2\% \div 20\% = 1\%$).

3.0 Source Allocation Factors

3.1 Methodology for Determining Source Allocation Factors for Pb

A source allocation factor (SAF) is generally applied in conjunction with a threshold TRV (e.g., a tolerable daily intake; TDI) to calculate a medium-based criterion or concentration (e.g., a soil criterion). The purpose of applying a SAF with a threshold TRV is to prevent total exposures (background exposure plus exposure from implementation of the criterion) from exceeding the threshold TRV. An SAF is determined by estimating exposures from various sources. To ensure that estimated total exposures (including exposure from the medium regulated through the criterion) are not excessive requires also considering the TRV's value. *This means an SAF is specific to the contaminant and specific to the TRV.*

To determine an appropriate SAF value, recent data are used to determine an *upper estimate* of background exposure (rather than a central tendency estimate), thereby taking the majority of the population into consideration. To avoid an overconservative estimate of background exposure, the ministry's approach is to **combine an upper estimate from the most significant background exposure medium with central tendency estimates from other media.**

The ministry's default SAF value is 20%. However, in cases where sufficient information is available, the ministry has begun a system of determining SAFs which could be considered a modification of the subtraction method used by other agencies.

In general, background exposure data are imprecise and commonly vary between data sources; therefore, rather than estimating falsely precise SAF values, the ministry's approach results in one of three default SAF values:

- **80%:** ceiling value used when background exposures are relatively low compared to the TRV
- **50%:** middle value used when background exposures are roughly half of the TRV
- **20%:** floor value used when background exposures are close to or exceeding the TRV

Soil criteria are often developed using TDIs. However, the TRVs selected for Pb are RSDs based on a target increase in risk or change in effect (a 1 IQ point decrement for infants, toddlers, children, and teens; a 10% increased prevalence of chronic kidney disease for adults) rather than a threshold. **For Pb RSDs, the ministry has decided to allocate the target change in effect to *total* Pb exposures, not to Pb exposures from soil alone. Thus, only a part of the Pb RSD is allocated to soil based on the proportion of the RSD remaining after accounting for other exposures.**

3.2 Sources of Background Exposure to Pb

3.2.1 Lead in House Dust

Pb has been identified in house dust at significant concentrations. A study of urban homes across Canada reported a **median house dust Pb concentration of 100 ppm**, a mean of 210 ± 446 ppm, and **90th percentile of 357 ppm** (Rasmussen *et al.*, 2013). A study of homes in Ottawa reported median and 90th percentile house dust Pb concentrations of 222 and 969 ppm, respectively (Rasmussen *et al.*, 2001). Hejami *et al.* (2020) reported a median of 36 ± 169 ppm for the Greater Toronto Area homes, and for downtown Toronto homes the mean was 190 ppm; upper percentiles were not reported. To estimate background Pb exposure from house dust in this document, the Rasmussen *et al.* (2013) study was selected because of its broad span of homes surveyed in several cities.

Pb intakes from the incidental ingestion of house dust were calculated using house dust Pb concentrations reported in Rasmussen *et al.* (2013) in conjunction with estimates of body weight and incidental house dust ingestion rate. Richardson (2013) reports mean body weights of 8.1, 15.3, 35.2, 65.2, and 76.5 kg (Richardson, 2013) respectively for the infant, toddler, child, teen, and adult. US EPA (2017) recommends central tendency indoor dust ingestion rates of 20 mg/d for <6 months and 40 mg/d for 6 months to <1 year (an average of 30 mg/d, suitable for the infant category), 50 mg/d for 1 to <2 years (suitable for the toddler category), 30 mg/d for 6 to <12 years (suitable for the child category), and 20 mg/d for 12 years through adult (suitable for the teen, adult, and pregnant woman categories).

For the infant, toddler, child, teen, and adult, respective estimated house dust Pb intakes were central tendencies of 0.37, 0.33, 0.085, 0.031, and 0.026 $\mu\text{g}/\text{kg}/\text{d}$ and upper estimates of 1.3, 1.2, 0.30, 0.11, and 0.093 $\mu\text{g}/\text{kg}/\text{d}$.

3.2.2 Lead in the Diet

As Pb in the diet has been decreasing over time, recent studies are the most relevant. The most recent studies relevant to dietary Pb intakes in Ontario are from two publications out of the U.S. Food and Drug Administration. For a variety of age categories, Spungen (2019) and Gavalek *et al.* (2020) report mean and 90th percentile dietary Pb intakes. According to these studies, the “hybrid” means and 90th percentiles reported were calculated by setting values below the limit of detection (LOD) to zero if there were no detections from 2009 to 2016, and otherwise set to $\frac{1}{2}$ the LOD. These estimates are summarized below.

For toddlers 1–3 years old, Spungen (2019) reported a mean dietary Pb intake of 0.12 $\mu\text{g}/\text{kg}/\text{d}$ and 90th percentile of 0.20 $\mu\text{g}/\text{kg}/\text{d}$. These values are suitable for the toddler category in this document.

For children 4–6 years old, the mean was 0.10 $\mu\text{g}/\text{kg}/\text{d}$ and the 90th percentile was 0.15 $\mu\text{g}/\text{kg}/\text{d}$ (Spungen, 2019). For people 7–17 years old, Gavalek *et al.* (2020) reports a mean dietary Pb intake of 2.2 $\mu\text{g}/\text{d}$ and 90th percentile of 3.4 $\mu\text{g}/\text{d}$. Using a body weight of 35.2 kg for children 4 to <12 years old (Richardson, 2013), the corresponding dietary Pb intakes are roughly a mean and 90th percentile of 0.063 and 0.097 $\mu\text{g}/\text{kg}/\text{d}$, respectively. For the child category (4 to <12 years old) in this document, a range of 0.063 to 0.10 $\mu\text{g}/\text{kg}/\text{d}$ was selected as central tendency estimates.

The above-mentioned mean and 90th percentile dietary Pb intakes for people 7–17 years old (2.2 and 3.4 $\mu\text{g}/\text{d}$; Gavalek *et al.*, 2020), can be combined with the body weight of 65.2 kg for teens 12 to <20 years old (Richardson, 2013) to obtain respective dietary Pb intakes of 0.034 and 0.052 $\mu\text{g}/\text{kg}/\text{d}$ for the teen category.

Gavalek *et al.* (2020) also provides estimates of dietary Pb intake for *adults* (defined as males and females 18 years and older) and for *women of childbearing age* (WOCBA; defined as women from 16 to 49 years old), though these data are not mutually exclusive. The mean and 90th percentile dietary Pb intakes are 2.7 and 4.5 µg/d for adults and 2.4 and 4.0 µg/d for WOCBA, respectively. Using an adult body weight of 76.5 kg (Richardson, 2013), the corresponding mean and 90th percentile dietary Pb intakes are 0.035 and 0.059 µg/kg/d for adults and 0.031 and 0.052 µg/kg/d for WOCBA.

For infants, potential dietary sources of Pb are breastmilk and infant formula. Pb intakes from both sources are estimated below:

- a) *Pb intake from breast milk*: Only one recent report of Pb concentrations in breast milk in North America was identified (Klein *et al.*, 2017), reporting a mean of 0.77 ± 0.45 µg/L in the USA. However, recent breastmilk concentrations have been commonly reported elsewhere in western / industrialized countries. Identified means are as follows: 1.5 ± 0.90 µg/L (Sweden, Bjorklund *et al.*, 2012), 1.02 ± 0.26 µg/L (Poland, Klein *et al.*, 2017), <0.67 µg/L (median, Norway, Vollset *et al.*, 2019), 1.74 ± 0.77 µg/L (Hungary, Ecsedi-Angyal *et al.*, 2020), 0.125 ± 0.143 µg/L (South Africa, Olowoyo *et al.*, 2021), 0.14 µg/L (median, Spain, Freire *et al.*, 2022). In summary, the American mean of 0.77 µg/L falls within the range of central tendency values identified elsewhere (0.125 – 1.74 µg/L). As Klein *et al.* (2017) did not report upper percentile Pb concentrations, an upper estimate of Pb in American breastmilk could be roughly represented by the reported *mean + 2 SD*, equivalent to 1.67 µg/L.

Assuming a mean infant body weight of 8.1 kg (Richardson, 2013), and a mean breastmilk consumption rate of 0.77 L/d for infants (3 to < 6 months old; US EPA, 2011, Table 15-1), the mean and upper estimate breastmilk Pb concentrations of 0.77 and 1.67 µg/L correspond to mean and upper estimate breastmilk Pb intakes of 0.073 and 0.16 µg/kg/d, respectively.

- b) *Pb intake from infant formula*: Most powdered infant formula instructions advise reconstitution at 1 scoop of powder per 2 fluid ounces (~ 60 mL) of water, a scoop generally weighing up to 10 g. Assuming the same intake rate as breastmilk (US EPA, 2011, average intake of reconstituted infant formula would be 770 mL/d, which corresponds to an average intake of 130 g of powdered infant formula per day.

In a study of infant formulas and other baby foods in the USA (Gardener *et al.*, 2019), Pb concentrations were not reported separately for infant formulas. For all baby foods combined, a median Pb concentration could not be calculated as over half the samples were below the detection limit (value not stated); however, for all baby food combined, the 75th and 95th percentile Pb concentrations were 0.0056 and 0.0185 µg/g, respectively. These data are corroborated by a non peer-reviewed study (Houlihan and Brody, 2019) reporting Pb concentrations of 0.0029 µg/g (mean) and 0.0059 µg/g (95th percentile) for 13 American powdered infant formula brands, a mean of 0.0028 ± 0.0008 µg/g reported for powdered infant formulas available in Italy (Astolfi *et al.*, 2021), and a mean of 0.0010 µg/g for infant formulas in France (ANSES, 2016).

With powdered infant formulas, Pb exposure would occur from both the powder itself and the water used to reconstitute the powder. Estimated Pb intakes from both the infant formula and the water for reconstitution are as follows:

- *Pb in the infant formula alone*: A central tendency Pb intake of 0.047 µg/kg/d can be calculated from an average Pb concentration of 0.0029 µg/g, an average intake rate of powdered formula of 130 g/d (estimated above), and an average body weight of 8.1 kg (Richardson, 2013). An upper estimate Pb intake of 0.30 µg/kg/d can be calculated from an upper estimate Pb concentration of 0.0185 µg/g, 130 g/d average intake of powdered formula, and an average body weight of 8.1 kg.

- *Pb in the tap water used for reconstituting the powdered formula:* A central tendency estimate of 0.095 µg/kg/d for Pb intake from tap water can be calculated from a mean liquid formula intake of 0.77 L/d (assuming same average intake rate as breastmilk, US EPA, 2011), a median tap water Pb concentration of 1 µg/L (for Ontario, 2016–2021, MECP, 2023), and a mean body weight of 8.1 kg. An upper estimate of 0.67 µg/kg/d for Pb intake from tap water can be calculated from a mean liquid formula intake of 0.77 L/d, the 95th percentile tap water concentration of 7 µg/L (for Ontario, 2016–2021, MECP, 2023) and a mean body weight of 8.1 kg.

Pb intakes from infant formula and the water for reconstitution indicate that tap water may be a greater source of Pb for the infant than the powdered infant formula itself. A central tendency estimate of Pb intake from the powdered formula (0.047 µg/kg/d) plus a central tendency estimate of Pb intake from the reconstitution water (0.095 µg/kg/d) results in a total intake of 0.142 µg/kg/d.

Estimated Pb intake from infant formula consumption (central tendency estimate of 0.142 µg/kg/d) is somewhat greater than estimated Pb intake from breastmilk consumption (central tendency estimate of 0.073 µg/kg/d). This range was selected as a central tendency estimate of Pb dietary intake for infants.

3.2.3 Lead in Drinking Water

The median tap water Pb concentration for flushed and standing distribution lines in Ontario from 2016 to 2021 was 1 µg/L (MECP, 2023).

For toddlers, children, teens, and adults, respective mean body weights are 15.3, 35.2, 65.2, and 76.5 kg (Richardson, 2013) and respective mean drinking water intake rates are 0.6, 0.8, 1.0, and 1.5 L/d (Richardson, 1997). Combining these mean body weights and drinking water intake rates with the median tap water Pb concentration results in respective central tendency drinking water Pb intakes of 0.039, 0.023, 0.015, and 0.020 µg/kg/d. For infants, drinking water ingestion occurs mainly through intake of infant formula or is minimal compared to intake of breastmilk.

3.2.4 Lead in Other Media

For the general population, Pb intake from air inhalation is expected to be minimal compared to Pb intakes from the media discussed above.

Intakes from soil Pb were not included in estimates of background Pb intake. Determining SAFs should not include background intake from the medium to which the corresponding TRVs will be applied in the development of criteria. The goal is to determine a remaining proportion of the TRV which is available for developing criteria for the medium of interest after accounting for intakes from other media. As soil is the intended medium of interest for use of the Pb RSDs, soil is not included in estimates of background intake to determine SAFs for Pb. Though property and community soils may both contribute to an individual's soil ingestion, it is difficult to determine the relative contribution of each. For simplicity, soil ingestion is assumed to occur mainly from the property of interest. Since these estimates of background Pb exposure have been calculated conservatively, there is little concern from additional intake that may occur from community soil exposures. Furthermore, as some house dust is of soil origin, Pb in neighbourhood and community soils may be partly represented in measurements of house dust Pb concentrations.

3.3 Estimates of Total Background Exposures to Determine Source Allocation Factors for All Receptors

Comparison of Pb intakes from various media (as described in Sections 3.2.1 to 3.2.4) indicate that Pb intakes from house dust ingestion are similar to or greater than Pb intakes from diet; in addition, Pb intakes from house dust ingestion and from diet are generally greater than Pb intakes from drinking water ingestion.

According to the methodology outlined in Section 3.1 above, total background exposure is calculated using an *upper* estimate of intake from the primary medium of exposure plus *central tendency* estimates from other media. Since house dust is the primary medium of Pb exposure, total background exposure estimates for each receptor category are comprised of upper estimates of exposure from house dust ingestion combined with central tendency estimates of dietary Pb intake and drinking water Pb intake.

Table 3-1 provides a summary of intakes from each relevant medium for each receptor category. Estimated total background exposures are then compared to the relevant RSD (0.5 µg/kg/d for the infant, toddler, child, and teen; 0.63 µg/kg/d for the adult and pregnant woman; EFSA, 2013) in order to provide recommended SAFs for each receptor category. Note that the SAFs recommended are intended for use with the corresponding RSDs.

Table 3-1: Recommended SAFs Determined from Total Background Pb Intakes

Receptor Category	Estimates of Background Pb Intake				Pb RSD (µg/kg/d)	Total Background Pb Intake as a % of RSD	Recommended SAFs	
	Upper Estimates	Central Tendency Estimates		TOTAL Background Pb Intake (µg/kg/d)			SAF	Rationale
		House Dust Pb Intake (µg/kg/d)	Dietary Pb Intake (µg/kg/d)					
infant	1.3	0.073 – 0.14	*	1.4	0.5	270–290%	20%	Floor SAF of 20% is recommended for soil because total background intake exceeds RSD.
toddler	1.2	0.12	0.039	1.4		270%		
child	0.30	0.063 to 0.10	0.023	0.39 – 0.42		77–85%	20%	Floor SAF of 20% is recommended for soil because total background intake is close to RSD.
teen	0.11	0.034	0.015	0.16		32%	80%	Ceiling SAF of 80% is recommended for soil because total background exposures are relatively low compared to RSD.
adult	0.093	0.035	0.020	0.15	23%	80%		
pregnant woman	0.093	0.031	0.020	0.14	23%	80%		

* For infants, drinking water ingestion occurs mainly through infant formula intake or is minimal compared to breastmilk intake.

3.4 SAF Adjustment for the Toddler Receptor

Soil ingestion rates (SIRs) are used in conjunction with SAFs to calculate soil criteria. Based on US EPA’s (2017) analysis of soil and indoor dust ingestion, the ministry is aware that the toddler SIR of 200 mg/d used in the calculation of the ministry’s Brownfields program (MOE, 2011) is more so representative of an upper percentile of the ingestion of soil and house dust *combined*. (This, however, is not the case for the SIRs used for the other receptor categories.) Since house dust ingestion is already incorporated into the ministry’s current soil ingestion rate for the toddler, it would be excessively

conservative to also include house dust Pb ingestion to estimate total background Pb exposures in the determination of the toddler SAF. Therefore, an alternative SAF is determined for the toddler (when using an SIR of 200 mg/d) as follows:

The 90th percentile dietary Pb intake of 0.20 µg/kg/d reported for toddlers 1–3 years old (Spungen, 2019) is combined with a central tendency estimate of drinking water Pb intake of 0.039 µg/kg/d (according to Section 3.2.3 above) for a total background Pb intake of 0.24 µg/kg/d. **Total background intake is approximately half of the value of the RSD, so the middle SAF of 50% is recommended for the toddler when using an SIR of 200 mg/d.**

Note: The toddler SAF of 50% for Pb was determined in consideration of the ministry’s toddler SIR of 200 mg/d (representing an upper percentile of ingestion of soil and house dust combined). With an alternative SIR, e.g., 90 mg/d (US EPA, 2017; recommended upper percentile, soil alone, general population 1 to <2 years old), the SAF would be revised to 20%. This is due to the inclusion of exposure to house dust Pb in the estimation of total background Pb exposure, as calculated in Table 3-1 above. **Accordingly, in HHRAs for contaminated sites and in the development of soil criteria for Pb, the SAF should be matched with the appropriate SIR as follows:**

- toddler SIR of 200 mg/d with toddler SAF of 50%, or
- toddler SIR of 90 mg/d with toddler SAF of 20%.

Moreover, calculating a soil criterion with an SIR of 200 mg/d and SAF of 50% would only be marginally different if calculated with the SIR of 90 mg/d and SAF of 20%. (In other words, the ratio of SAF to SIR is roughly the same either way.)

4.0 Summary

Table 4-1 presents the RAFs and SAFs selected in this document and recommended for use with the child- and adult-specific risk-specific doses (RSDs) selected by the ministry for lead (Pb) in soil.

Table 4-1: Recommended Relative Absorption Factors (RAFs) and Source Allocation Factors (SAFs) by Receptor Category

Receptor Category	Relevant RSD	Estimated RAF _{ORAL} for Soil Pb	Estimated RAF _{DERMAL} for Soil Pb	SAF
infant	5.0 x 10 ⁻⁴ mg/kg/d EFSA (2013) child-specific RSD	60%	0.4%	20%
toddler		60%		50%*
child (5–11 y)		35%		20%
teen (12–19 y)		45%		80%
adult	6.3 x 10 ⁻⁴ mg/kg/d EFSA (2013) adult-specific RSD	60%	1%	80%
pregnant woman		100%		

* For the toddler, the SAF of 50% is contingent on the soil ingestion rate of 200 mg/d considered representative of an upper estimate of ingestion of soil and house dust combined. The use of an alternative soil ingestion rate for only soil (no house dust) would require a revision of the SAF to 20%.

5.0 References

- Alexander FW, Clayton BE, Delves HT. 1974. Mineral and trace-metal balances in children receiving normal and synthetic diets. *QJ Med* 43:89-111.
- ANSES. 2016. Étude de l'alimentation totale infantile (EATi) - Exposition alimentaire des enfants de moins 3 ans à certaines substances. TOME 2 – Partie 2: Composés inorganiques. [Document in French.] Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail. Maisons-Alfort, France. September 2016.
- Astolfi ML, Marotta D, Cammalleri V, Marconi E, Antonucci A, Avino P, Canepari S, Vitali M, Protano C. 2021. Determination of 40 elements in powdered infant formulas and related risk assessment. *Int J Environ Res Public Health* 18:5073.
- Björklund KL, Vahter M, Palm B, Grandér M, Lignell S, Berglund M. 2012. Metals and trace element concentrations in breast milk of first time healthy mothers: A biological monitoring study. *Environ Health* 11:92.
- Bress WC, Bidanset JH. 1991. Percutaneous in vivo and in vitro absorption of lead. *Vet Hum Toxicol* 33:212-214.
- EC-SCF. 2003. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Calcium. European Commission, Health & Consumer Protection Directorate-General – Scientific Committee on Food. Brussels, Belgium. SCF/CS/NUT/UPPLEV/64 Final. 23 April 2003.
- Ecsedi-Angyal M, Tatár E, Óvári M, Kurin-Csörgei K, Zárny G, Mihucz VG. 2020. Determination of low-level arsenic, lead, cadmium and mercury concentration in breast milk of Hungarian women. *Int J Environ Anal Chem* 100:549-566.
- EFSA. 2013. Scientific Opinion – Scientific Opinion on Lead in Food. EFSA Panel on Contaminants in the Food Chain (CONTAM), European Food Safety Authority. Parma, Italy. *EFSA Journal* 8:1570 (151 pp). Published on March 22, 2013, and replaces earlier version published April 20, 2010.
- Filon FL, Boeniger M, Maina G, Adami G, Spinelli P, Damian A. 2006. Skin absorption of inorganic lead (PbO) and the effect of skin cleansers. *J Occup Environ Med* 48:692-699.
- Florence TM, Stauber JL, Dale LS, Henderson D, Izzard BE, Belbin KC. 1998. The absorption of ionic lead compounds through the skin of mice. *J Nut Env Med* 8:19-23.
- Freire C, Iribarne-Durán LM, Gil F, Olmedo P, Serrano-Lopez L, Peña-Caballero M, Hurtado J-A, Alvarado-González NE, Fernández MF, Peinado FM, Artacho-Cordón F, Olea N. 2022. Concentrations and determinants of lead, mercury, cadmium, and arsenic in pooled donor breast milk in Spain. *Int J Hyg Environ Health* 240:113914.
- Gardener H, Bowen J, Callan SP. 2019. Lead and cadmium contamination in a large sample of United States infant formulas and baby foods. *Sci Total Environ* 651(Pt 1):822-827.
- Gavelek A, Spungen J, Hoffman-Pennesi D, Flannery B, Dolan L, Dennis S, Fitzpatrick S. 2020. Lead exposures in older children (males and females 7-17 years), women of childbearing age (females 16-49 years) and adults (males and females 18+ years): FDA total diet study 2014-16. *Food Addit Contam Part A* 37:104-109.
- Hejazi AA, Davis M, Prete D, Lu J, Wang S. 2020. Heavy metals in indoor settled dusts in Toronto, Canada. *Sci Total Environ* 703:134895.
- Houlihan J, Brody C. 2019. What's in my Baby's Food? Healthy Babies Bright Futures and Virginia Organizing. United States. October 2019.
- Hursh JB, Clarkson T, Miles E, Goldsmith L. 1989. Percutaneous absorption of mercury vapor by man. *Arch Environ Health* 44:120-127.
- Julander A, Midander K, Garcia-Garcia S, Vihlborg P, Graff P. 2020. A case study of brass foundry workers' estimated lead (Pb) body burden from different exposure routes. *Ann Work Expo Health* 64:970-981.
- Klein LD, Breakey AA, Scelza B, Vallengia C, Jasienska G, Hinde K. 2017. Concentrations of trace elements in human milk: Comparisons among women in Argentina, Namibia, Poland, and the United States. *PLoS One* 12:e0183367.
- Kordas K. 2017. The "Lead Diet": Can dietary approaches prevent or treat lead exposure? *J Pediatr* 185:224-231.
- MECP. 2023. Drinking Water Result Details, Lead – 2016–2021. Ontario Regulation 170/03 mandatory reporting data. Unpublished data, Ontario Ministry of the Environment, Conservation and Parks.
- MOE. 2011. Rationale for the Development of Soil and Ground Water Standards for Use at Contaminated Sites in Ontario. Standards Development Branch, Ontario Ministry of the Environment. Toronto, Canada. April 15, 2011. PIBS 7386e01.
- Moore MR, Meredith PA, Watson WS. 1980. The percutaneous absorption of lead-203 in humans from cosmetic preparations containing lead acetate, as assessed by whole-body counting and other techniques. *Food Cosmet Toxicol* 18:399–405.
- Olowoyo JO, Macheke LR, Mamejija PM. 2021. Health risk assessments of selected trace elements and factors associated with their levels in human breast milk from Pretoria, South Africa. *Int J Environ Res Public Health* 18:9754.
- Pounds JG. 1979. Percutaneous Absorption of Lead – NCTR Technical Report; Experiment Number 199. National Center for Toxicological Research. Jefferson, Arkansas, USA. pp. 1-44. November 1979.
- Rădulescu A, Lundgren S. 2019. A pharmacokinetic model of lead absorption and calcium competitive dynamics. *Sci Rep* 9:14225.
- Rasmussen PE, Levesque C, Chénier M, Gardner HD, Jones-Otazo H, Petrovic S. 2013. Canadian House Dust Study: Population-based concentrations, loads and loading rates of arsenic, cadmium, chromium, copper, nickel, lead, and zinc inside urban homes. *Sci Total Environ* 443:520-529.
- Rasmussen PE, Subramanian KS, Jessiman BJ. 2001. A multi-element profile of housedust in relation to exterior dust and soils in the city of Ottawa, Canada. *Sci Total Environ* 267:125-140.
- Richardson GM. 1997. Compendium of Canadian Human Exposure Factors for Risk Assessment. Ottawa, Canada. O'Connor Associates Environmental Inc.
- Richardson GM. 2013. Canadian Exposure Factors Handbook. Toxicology Centre, University of Saskatchewan, Saskatoon, Canada. Stantec Consulting Ltd.

- Rădulescu A, Lundgren S. 2019. A pharmacokinetic model of lead absorption and calcium competitive dynamics. *Sci Rep* 9: 14225.
- Spungen JH. 2019. Children's exposures to lead and cadmium: FDA total diet study 2014-16. *Food Addit Contam Part A* 36:893-903.
- Stauber JL, Florence TM, Gulson BL, Dale LS. 1994. Percutaneous absorption of inorganic lead compounds. *Sci Total Environ* 145:55-70.
- Sun CC, Wong TT, Hwang YH, Chao KY, Jee SH, Wang JD. 2002. Percutaneous absorption of inorganic lead compounds. *AIHA J (Fairfax, Va)* 63:641-646.
- US EPA. 1994. Guidance Manual for the Integrated Exposure Uptake Biokinetic Model for Lead in Children. Office of Solid Waste and Emergency Response, U.S. Environmental Protection Agency. EPA/540/R-93/081. February 1994.
- US EPA. 2003. Recommendations of the Technical Review Workgroup for Lead for an Approach to Assessing Risks Associated with Adult Exposures to Lead in Soil. Technical Review Workgroup for Lead, United States Environmental Protection Agency. EPA-540-R-03-001. January 2003.
- US EPA. 2011. Exposure Factors Handbook – 2011 Edition (Final Report). U.S. Environmental Protection Agency. Washington, DC, USA. EPA/600/R-09/052F. September 2011.
- US EPA. 2017. Update for Chapter 5 of the Exposure Factors Handbook – Soil and Dust Ingestion. U.S. Environmental Protection Agency. Washington, DC, USA. EPA/600/R-17/384F. September 2017.
- Vollset M, Iszatt N, Enger Ø, Gjengedal ELF, Eggesbø M. 2019. Concentration of mercury, cadmium, and lead in breast milk from Norwegian mothers: Association with dietary habits, amalgam and other factors. *Sci Total Environ* 677:466-473.
- Ziegler EE, Edwards BB, Jensen RL, Mahaffey KR, Fomon SJ. 1978. Absorption and retention of lead by infants. *Pediatr Res* 12:29-34.

Appendix A: Absorption Rates of Dietary Calcium Across Receptor Categories

Several studies report *calcium* (Ca) absorption in humans. Table A-1 displays average Ca absorption rates reported in the identified studies, sorted by receptor category. Note that within each receptor category, reported absorption rates are generally consistent.

Table A-1: Absorption Rates of Dietary Calcium Across Receptor Categories

Receptor Category	Subjects (age/other)	Medium	Average Fractional Absorption	Reference	Notes
infants	22–367 d	soy formula – low Ca	57%	DeVizia <i>et al.</i> , 1985	Ca absorption rate for infants seems to range from 38% to 76% . EC-SCF (2003) states that Ca absorption is highest in breastfed infants – about 60% .
		soy formula – medium Ca	47%		
		soy formula – high Ca	39%		
	infants	human milk	~60%	Fomon & Nelson, 1993 (cited in Abrams, 2010)	
		infant formula	~40%		
	preterm infants, 38 d	Standard infant formula	49%	Carnielli <i>et al.</i> , 1995	
		modified triglycerides formula	64%		
	27–161 d	formula with palm oil	39%	Nelson <i>et al.</i> , 1996	
		formula without palm oil	48%		
	5–7 mo	human milk	61%	Abrams <i>et al.</i> , 1997b	
	infants	infant formula	58%	Lifschitz & Abrams, 1998	
	infants	milk-based formula with palm oil	38%	Nelson <i>et al.</i> , 1998	
		milk-based formula without palm oil	58%		
	8–12 weeks	milk-based formula	67%	Abrams <i>et al.</i> , 2002	
		milk-based formula, no lactose	56%		
77 d	milk-based formula with prebiotics	57%	Hicks <i>et al.</i> , 2012		
	standard milk-based formula	59%			
	human milk	76%			
69–159 d	milk-based formula with palm	42%	Leite <i>et al.</i> , 2013		
	milk-based formula without palm	59%			
68–159 d	milk-based formula with palm	41%	de Souza <i>et al.</i> , 2017		
	milk-based formula without palm	58%			
toddlers / young children	1–4 y	standard breakfast	46%	Lynch <i>et al.</i> , 2007	
	3–5 y	low Ca diet	36%	Ames <i>et al.</i> , 1999	
		high Ca diet	24%		

Receptor Category	Subjects (age/other)	Medium	Average Fractional Absorption	Reference	Notes
child (4-11 y)	girls, 4-9 y	tracer in diet	30%	Abrams <i>et al.</i> , 1993	35% is a reasonable central tendency value for this group.
	China, 7 y	chocolate milk, low Ca intake	63%	Lee <i>et al.</i> , 1994	
		chocolate milk, higher Ca intake	55%		
	girls, 7.7 ± 2.1 y	tracer in milk taken with breakfast	28%	Abrams & Stuff, 1994	
	white prepubertal girls 9.2 ± 2.5 y	tracer in milk	30%	Abrams <i>et al.</i> , 1995	
	black prepubertal girls 9.5 ± 2.1 y		39%		
	Mexican-American girls 7-8 y	Individualized dietary plan based on food preferences	34%	Abrams <i>et al.</i> , 1999	
	Caucasian American girls 7-8 y		32%		
	girls, 8 y, 9 y, & 10 y	tracer in food	33%, 31%, & 37%	Abrams <i>et al.</i> , 2000	
	girls, 10-11 y	low-Ca diet	63%	Abrams <i>et al.</i> , 2004	
		recommended-Ca diet	43%		
	9-13 y	diet with or without fructan	29-39%	Abrams <i>et al.</i> , 2005a	
	girls 11.0 ± 0.1 y	oral tracer mixed in food	36%	Abrams <i>et al.</i> , 2005b	
	6-13 y	Ca mixed into milk	33%	Motil <i>et al.</i> , 2006	
	Texas, 4-8 y	Ca in orange juice	30-34%	Abrams <i>et al.</i> , 2013	
black & white, 9-13 y	standardized breakfast	~43%	Lewis <i>et al.</i> , 2013		
teen (12-19 y)	10-17 y	CaCO ₃ or CCM	CaCO ₃ 26%; CCM 36%	Miller <i>et al.</i> , 1988	In teens, Ca absorption may be in range of 25–45% , but this range may be confounded by sociodemographics and pregnancy. EC-SCF (2003) states that Ca absorption rises during puberty.
	girls, 10.9 ± 1.1 y	tracer in milk taken with breakfast	34%	Abrams & Stuff, 1994	
	girls, 15.2 ± 1.3 y		25%		
	white girls, 15.4 ± 0.9 y black girls 13.3 ± 1.3 y	tracer mixed with milk	white 25%; black 44%	Abrams <i>et al.</i> , 1995	
	girls, 9-17 y	tracer in milk taken with breakfast	58% w/ low Ca intake 26% w/ high Ca intake	O'Brien <i>et al.</i> , 1996	
	girls, 11–14 y	tracer in food	38%	Wastney <i>et al.</i> , 1996	
	9.5–14.7 y	tracer in milk taken with breakfast	girls 25%, boys 27%	Abrams <i>et al.</i> , 1997a	
	boys, 14-16 y	with or without oligofructose	50-60%	van den Heuvel <i>et al.</i> , 1999	
	girls, 11.0–13.9 y	Ca w/ sucrose, oligofructose, or inulin+oligofructose	32-38%	Griffin <i>et al.</i> , 2002	
	adolescent girls	tracer in food	33%, 36%	Griffin <i>et al.</i> , 2003	
	black girls 12.8 ± 1.2 y white girls 13.7 ± 0.9 y	Ca tracer with food	black 54%; white 38%	Bryant <i>et al.</i> , 2003	
	postpartum nonlactating girls 15.6±1.6 y	standard diet	33%	O'Brien <i>et al.</i> , 2003	
	9-13 y	diet with or without fructan	29-39%	Abrams <i>et al.</i> , 2005a	
	girls, 11-13 y	cereal w/ or w/o long-chain fructooligosaccharides	66-67%	Martin <i>et al.</i> , 2010	
	girls, 10-13 y	smoothies w/ or w/o galactooligosaccharides	40%	Whisner <i>et al.</i> , 2013	

Receptor Category	Subjects (age/other)	Medium	Average Fractional Absorption	Reference	Notes
adults	men, 21–33 y	low-fibre diet	61%	O'Brien <i>et al.</i> , 1993	Excluding the data from the O'Brien <i>et al.</i> (1993) study which reports unexpectedly high absorption rates, Ca absorption rates for adults (excluding pregnant or lactating women) seems to range from 17% to 36% . EC-SCF (2003) states that Ca absorption decreases to 15–20% in young adults and declines gradually thereafter. Median from several studies reviewed by Shkembi & Huppertz (2022) was 36% .
		high-fibre diet	37%		
	women, not pregnant, not lactating	standard diet, with or without 1 g/d Ca supplement	36%	Cross <i>et al.</i> , 1995	
	women 19–31 y	Ca-rich diet	22%	Wastney <i>et al.</i> , 1996	
	women, not pregnant & not lactating	standard diet + prenatal supplement	33%	Ritchie <i>et al.</i> , 1998	
	women, never pregnant	standard diet	17%	Moser-Veillon <i>et al.</i> , 2001	
	25–36 y	standard breakfast + milk with or without Ca enrichment	23%–28%	Lopez-Huertas <i>et al.</i> , 2006	
	18–27 y	standard breakfast + Ca isotope mixed in vitamin-D fortified orange juice	26%	Abrams <i>et al.</i> , 2007	
	25–45 y	3% butterfat ice cream	26%	van der Hee <i>et al.</i> , 2009	
		9% coconut oil ice cream	28%		
	reduced-fat milk	31%			
women, post-menopause	standard diet	21%	Ramsubeik <i>et al.</i> , 2014		
women 60 ± 7	standard diet	22%	Vreede <i>et al.</i> , 2015		
men & women	dairy	36% median across 24 studies	Shkembi & Huppertz, 2022		
pregnant women	1 st trimester	standard diet	41%	Cross <i>et al.</i> , 1995	
		standard diet + 1 g/d Ca supplement	40%		
	2 nd trimester	standard diet	60%		
		standard diet + 1 g/d Ca supplement	54%		
	3 rd trimester	standard diet	58%		
		standard diet + 1 g/d Ca supplement	67%		
	1 st trimester	standard diet + prenatal supplement	50%	Ritchie <i>et al.</i> , 1998	
	2 nd trimester		50%		
	3 rd trimester		54%		
	16.5 ± 1.4 y	standard diet	53%	O'Brien <i>et al.</i> , 2003	
early pregnancy	standard diet	71%	O'Brien <i>et al.</i> , 2006		
late pregnancy		88%			

References for Table A-1:

- Abrams SA. 2010. Calcium absorption in infants and small children: methods of determination and recent findings. *Nutrients* 2:474-480.
- Abrams SA, Copeland KC, Gunn SK, Gundberg CM, Klein KO, Ellis KJ. 2000. Calcium absorption, bone mass accumulation, and kinetics increase during early pubertal development in girls. *J Clin Endocrinol Metab* 85:1805-1809.
- Abrams SA, Copeland KC, Gunn SK, Stuff JE, Clarke LL, Ellis KJ. 1999. Calcium absorption and kinetics are similar in 7- and 8-year-old Mexican-American and Caucasian girls despite hormonal differences. *J Nutr* 129:666-671.
- Abrams SA, Griffin IJ, Davila PM. 2002. Calcium and zinc absorption from lactose-containing and lactose-free infant formulas. *Am J Clin Nutr* 76:442-446.
- Abrams SA, Griffin IJ, Hawthorne KM, Liang L. 2005b. Height and height Z-score are related to calcium absorption in five- to fifteen-year-old girls. *J Clin Endocrinol Metab* 90:5077-5081.
- Abrams SA, Griffin IJ, Hawthorne KM, Liang L, Gunn SK, Darlington G, Ellis KJ. 2005a. A combination of prebiotic short- and long-chain inulin-type fructans enhances calcium absorption and bone mineralization in young adolescents. *Am J Clin Nutr* 82:471-476.
- Abrams SA, Griffin IJ, Hicks PD, Gunn SK. 2004. Pubertal girls only partially adapt to low dietary calcium intakes. *J Bone Miner Res* 19:759-763.
- Abrams SA, Grusak MA, Stuff J, O'Brien KO. 1997a. Calcium and magnesium balance in 9-14-y-old children. *Am J Clin Nutr* 66:1172-1177.
- Abrams SA, Hawthorne KM, Aliu O, Hicks PD, Chen Z, Griffin IJ. 2007. An inulin-type fructan enhances calcium absorption primarily via an effect on colonic absorption in humans. *J Nutr* 137:2208-2212.
- Abrams SA, Hawthorne KM, Chen Z. 2013. Supplementation with 1000 IU vitamin D/d leads to parathyroid hormone suppression, but not increased fractional calcium absorption, in 4-8-y-old children: a double-blind randomized controlled trial. *Am J Clin Nutr* 97:217-223.
- Abrams SA, Lipnick RN, Vieira NE, Stuff JE, Yergey AL. 1993. Calcium absorption and metabolism in children with juvenile rheumatoid arthritis assessed using stable isotopes. *J Rheumatol* 20:1196-1200.
- Abrams SA, O'Brien KO, Liang LK, Stuff JE. 1995. Differences in calcium absorption and kinetics between black and white girls aged 5-16 years. *J Bone Miner Res* 10:829-833.
- Abrams SA, Stuff JE. 1994. Calcium metabolism in girls: current dietary intakes lead to low rates of calcium absorption and retention during puberty. *Am J Clin Nutr* 60:739-743.
- Abrams SA, Wen J, Stuff JE. 1997b. Absorption of calcium, zinc and iron from breast milk by 5- to 7-month-old infants. *Pediatr Res* 41:384-390.
- Ames SK, Gorham BM, Abrams SA. 1999. Effects of high compared with low calcium intake on calcium absorption and incorporation of iron by red blood cells in small children. *Am J Clin Nutr* 70:44-48.
- Bryant RJ, Wastney ME, Martin BR, Wood O, McCabe GP, Morshidi M, Smith DL, Peacock M, Weaver CM. 2003. Racial differences in bone turnover and calcium metabolism in adolescent females. *J Clin Endocrinol Metab* 88:1043-1047.
- Carnielli VP, Luijendijk IH, van Goudoever JB, van Goudoever JB, Sulkers EJ, Boerlage AA, Degenhart HJ, Sauer PJJ. 1995. Feeding premature newborn infants palmitic acid in amounts and stereoisomeric position similar to that of human milk: effects on fat and mineral balance. *Am J Clin Nutr* 61:1037-1042.
- Cross NA, Hillman LS, Allen SH, Krause GF, Vieira NE. 1995. Calcium homeostasis and bone metabolism during pregnancy, lactation, and postweaning: a longitudinal study. *Am J Clin Nutr* 61:514-23.
- de Souza CO, Leite MEQ, Lasekan J, Baggs G, Pinho LS, Druzian JI, Ribeiro TCM, Mattos ÂP, Menezes-Filho JA, Costa-Ribeiro H. 2017. Milk protein-based formulas containing different oils affect fatty acids balance in term infants: A randomized blinded crossover clinical trial. *Lipids Health Dis* 16:78.
- DeVizia B, Fomon SJ, Nelson SE, Edwards BE, Ziegler EE. 1985. Effect of dietary calcium on metabolic balance of normal infants. *Pediatr Res* 19:800-806.
- EC-SCF. 2003. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Calcium. European Commission, Health & Consumer Protection Directorate-General – Scientific Committee on Food. Brussels, Belgium. SCF/CS/NUT/UPPLEV/64 Final. 23 April 2003.
- Fomon SJ, Nelson SE. Calcium, phosphorous, magnesium, and sulfur. In: Fomon SJ, ed. *Nutrition of normal infants*. St Louis: Mosby Yearbook Inc, 1993:192-218.
- Griffin IJ, Davila PM, Abrams SA. 2002. Non-digestible oligosaccharides and calcium absorption in girls with adequate calcium intakes. *Br J Nutr* 87(Suppl 2):S187-S191.
- Griffin IJ, Hicks PMD, Heaney RP, Abrams SA. 2003. Enriched chicory inulin increases calcium absorption mainly in girls with lower calcium absorption. *Nutr Res* 23:901-909.
- Hicks PD, Hawthorne KM, Berseth CL, Marunycz JD, Heubi JE, Abrams SA. 2012. Total calcium absorption is similar from infant formulas with and without prebiotics and exceeds that in human milk-fed infants. *BMC Pediatr* 12:118.
- Lee WT, Leung SS, Fairweather-Tait SJ, Leung DMY, Tsang HSY, Eagles J, Fox T, Wang SH, Xu YC, Zeng WP, Lau J, Masarei JR. 1994. True fractional calcium absorption in Chinese children measured with stable isotopes (⁴²Ca and ⁴⁴Ca). *Br J Nutr* 72:883-897.
- Leite ME, Lasekan J, Baggs G, Ribeiro T, Menezes-Filho J, Pontes M, Druzian J, Barreto DL, de Souza CO, Mattos A, Costa-Ribeiro H Jr. 2013. Calcium and fat metabolic balance, and gastrointestinal tolerance in term infants fed milk-based formulas with and without palm olein and palm kernel oils: a randomized blinded crossover study. *BMC Pediatr* 13:215.
- Lewis RD, Laing EM, Hill Gallant KM, Hall DB, McCabe GP, Hausman DB, Martin BR, Warden SJ, Peacock M, Weaver CM. 2013. A randomized trial of vitamin D₃ supplementation in children: dose-response effects on vitamin D metabolites and calcium absorption. *J Clin Endocrinol Metab* 98:4816-4825.

- Lifschitz CL, Abrams SA. 1998. Addition of rice cereal to formula does not impair mineral bioavailability. *J Pediatr Gastroenterol Nutr* 26:175–178.
- López-Huertas E, Teucher B, Boza JJ, Martínez-Férez A, Majsak-Newman G, Baró L, Carrero JJ, González-Santiago M, Fonollá J, Fairweather-Tait S. 2006. Absorption of calcium from milks enriched with fructo-oligosaccharides, caseinophosphopeptides, tricalcium phosphate, and milk solids. *Am J Clin Nutr* 83:310-316.
- Lynch MF, Griffin IJ, Hawthorne KM, Chen Z, Hamzo M, Abrams SA. 2007. Calcium balance in 1-4-y-old children. *Am J Clin Nutr* 85:750-754.
- Martin BR, Braun MM, Wigertz K, Bryant R, Zhao Y, Lee W, Kempa-Steczko A, Weaver CM. 2010. Fructo-oligosaccharides and calcium absorption and retention in adolescent girls. *J Am Coll Nutr* 29:382-386.
- Miller JZ, Smith DL, Flora L, Slemenda C, Jiang XY, Johnston CC Jr. 1988. Calcium absorption from calcium carbonate and a new form of calcium (CCM) in healthy male and female adolescents. *Am J Clin Nutr* 48:1291-1294.
- Moser-Veillon PB, Mangels AR, Vieira NE, Yergey AL, Patterson KY, Hill AD, Veillon C. 2001. Calcium fractional absorption and metabolism assessed using stable isotopes differ between postpartum and never pregnant women. *J Nutr* 131:2295-2299.
- Motil KJ, Schultz RJ, Abrams S, Ellis KJ, Glaze DG. 2006. Fractional calcium absorption is increased in girls with Rett syndrome. *J Pediatr Gastroenterol Nutr* 42:419-426.
- Nelson SE, Frantz JA, Ziegler EE. 1998. Absorption of fat and calcium by infants fed a milk-based formula containing palm olein. *J Am Coll Nutr* 17:327–332.
- Nelson SE, Rogers RR, Frantz JA, Ziegler EE. 1996. Palm olein in infant formula: absorption of fat and minerals by normal infants. *Am J Clin Nutr* 64:291-296.
- O'Brien KO, Abrams SA, Liang LK, Ellis KJ, Gagel RF. 1996. Increased efficiency of calcium absorption during short periods of inadequate calcium intake in girls. *Am J Clin Nutr* 63:579-583.
- O'Brien KO, Allen LH, Quatromoni P, Siu-Caldera ML, Vieira NE, Perez A, Holick MF, Yergey AL. 1993. High fiber diets slow bone turnover in young men but have no effect on efficiency of intestinal calcium absorption. *J Nutr* 123:2122-2128.
- O'Brien KO, Donangelo CM, Zapata CL, Abrams SA, Spencer EM, King JC. 2006. Bone calcium turnover during pregnancy and lactation in women with low calcium diets is associated with calcium intake and circulating insulin-like growth factor 1 concentrations. *Am J Clin Nutr* 83:317-323.
- O'Brien KO, Nathanson MS, Mancini J, Witter FR. 2003. Calcium absorption is significantly higher in adolescents during pregnancy than in the early postpartum period. *Am J Clin Nutr* 78:1188-1193.
- Ramsubeik K, Keuler NS, Davis LA, Hansen KE. 2014. Factors associated with calcium absorption in postmenopausal women: a post hoc analysis of dual-isotope studies. *J Acad Nutr Diet* 14:761-767.
- Ritchie LD, Fung EB, Halloran BP, Turnlund JR, Van Loan MD, Cann CE, King JC. 1998. A longitudinal study of calcium homeostasis during human pregnancy and lactation and after resumption of menses. *Am J Clin Nutr* 67:693–701.
- Shkemi B, Huppertz T. 2022. Calcium absorption from food products: Food matrix effects. *Nutrients* 2022 14:180.
- van den Heuvel EG, Muys T, van Dokkum W, Schaafsma G. 1999. Oligofructose stimulates calcium absorption in adolescents. *Am J Clin Nutr* 69:544-548.
- van der Hee RM, Miret S, Slettenaar M, Duchateau GSMJE, Rietveld AG, Wilkinson JE, Quail PJ, Berry MJ, Dainty JR, Teucher B, Fairweather-Tait SJ. 2009. Calcium absorption from fortified ice cream formulations compared with calcium absorption from milk. *J Am Diet Assoc* 109:830-835.
- Vreede AP, Jones AN, Hansen KE. 2015. Can serum isotope levels accurately measure intestinal calcium absorption compared to gold-standard methods? *Nutr J* 14:73.
- Wastney ME, Ng J, Smith D, Martin BR, Peacock M, Weaver CM. 1996. Differences in calcium kinetics between adolescent girls and young women. *Am J Physiol* 271(1 Pt 2):R208-R216.
- Whisner CM, Martin BR, Schoterman MHC, Nakatsu CH, McCabe LD, McCabe GP, Wastney ME, van den Heuvel EGHM. 2013. Galacto-oligosaccharides increase calcium absorption and gut bifidobacteria in young girls: a double-blind cross-over trial. *Br J Nutr* 110:1292-1303.