



## Evaluation of pH, Microbial Contamination, and Aflatoxin M<sub>1</sub> Levels in Raw Milk: A Health Risk Assessment

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### ARTICLE INFO

#### ORIGINAL ARTICLE

##### Article history:

Received: 27 Nov 2024

Revised: 17 Mar 2025

Accepted: 21 Mar 2025

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##### Keywords

Aflatoxins; Food quality;  
HPLC; Dairy products;  
Mycotoxins. Aflatoxins;  
Milk

### ABSTRACT

**Background:** This research aimed to assess pH, microbial load, and aflatoxin (AF) M<sub>1</sub> levels in milk from cattle dairy farms and milk distribution and collection centers in Ilam province. **Methods:** In this study, a total of 84 raw milk samples from Ilam province, collected between April and June, were analyzed for total bacterial count (TBC), pH, and AFM<sub>1</sub> using high-performance liquid chromatography. Daily AFM<sub>1</sub> intake was calculated to assess health risks based on milk consumption, using different risk assessment indices. **Results:** The highest microbial load was found in farms Location 5 (7.84 log CFU/ml) and the lowest average microbial load was recorded in farms Location 4 (5.92 log CFU/ml), while collection centers showed an average microbial count of 5.48 log CFU/ml, also linked to Location 4. AFM<sub>1</sub> was found in 84 samples: 65 had levels below 20 ng/g, 17 ranged from 20 to 90 ng/g, and 2 exceeded 150 ng/g, surpassing safety standards. The analysis indicates that young children consuming milk may face health risks from AFM<sub>1</sub>, notably liver cancer. The increased incidence of elevated liver cancer risk (LCR) and associated hazard index (HI) values in children under the age of seven necessitate the implementation of more stringent regulations regarding AFM<sub>1</sub> contamination in dairy products, specifically targeting this demographic. **Conclusion:** Although the risk of liver cancer declines with age, it is imperative to maintain vigilant monitoring of cumulative exposure to AFM<sub>1</sub>. This is particularly important for older adults, who may represent a vulnerable population with heightened susceptibility to AFM<sub>1</sub>-related health complications. Ensuring rigorous surveillance and enforcement of safety standards for aflatoxins levels in milk products is essential for protecting these at-risk groups from potential adverse health outcomes.

### Introduction

Food security is crucial for ensuring that the population has access to a sufficient quantity and quality of food (Augustin *et al.*, 2016). In Iran, milk is provided to school students to combat malnutrition among children. Milk is a key food

for human nutrition, especially for children, as it contains essential macronutrients and micronutrients that meet the nutritional needs of all age groups. It is also a significant source of high-quality proteins that supply essential amino acids

This paper should be cited as: Nemati M, Khajehali E, Rashidimehr A. Evaluation of pH, Microbial Contamination, and Aflatoxin M<sub>1</sub> Levels in Raw Milk: A Health Risk Assessment. Journal of Nutrition and Food Security (JNFS), 2025; 10(3): 453-466.

(Hashemi, 2016). Although milk offers various health benefits, it is susceptible to contamination by mycotoxins, rendering it unsafe for consumption and potentially leading to health complications (Kortei *et al.*, 2022). The Food and Agricultural Organization (FAO) report states that the mean value of per capita milk consumption globally is approximately 100 kg/year, but this can vary significantly between countries, ranging from 10 to 300 kg/year (Rahmani *et al.*, 2018).

Approximately 25% of food products are contaminated yearly with mycotoxins, known as secondary toxic byproducts of fungi. Aflatoxins (AFs) comprise about 90% of around 300 different mycotoxins (Smith *et al.*, 2020). AF is a type of mycotoxin produced by *Aspergillus* fungi, including *A. nomius*, *A. parasiticus*, and *A. flavus* (Mahmoudi and Norian, 2015). AFB<sub>1</sub> can contaminate human food such as cereals, corn, rice, oilseeds, tree nuts, and spices (Assaf *et al.*, 2020, Marchese *et al.*, 2018), as well as animal feed such as peanut meal, maize, and cottonseed meal (Kamkar *et al.*, 2011). When consumed by dairy animals, it is absorbed into their gastrointestinal tracts and metabolized in their livers to produce AFM<sub>1</sub>, which is then secreted into the milk of lactating mammals, thus contaminating milk and dairy products (Marchese *et al.*, 2018).

The presence of this contamination may lead to adverse effects including liver toxicity, mutagenicity, genotoxicity, teratogenicity, carcinogenicity, neurotoxicity, cytotoxicity, immunosuppression, and neoplastic effects (De Roma *et al.*, 2017, Fakhri *et al.*, 2019, Hashemi, 2016, Pour *et al.*, 2020). As a result, in 2002, the International Agency for Research on Cancer (IARC) classified AFM<sub>1</sub> as a Group 1 compound, which means it is carcinogenic to humans (World Health Organization and International Agency for Research on Cancer, 2002). AFM<sub>1</sub> is found worldwide, particularly in tropical and subtropical climates with varying temperatures, rainfall, and humidity (Fakhri *et al.*, 2019). Contamination can occur during the processing and storage of milk and its products. Moreover, AFM<sub>1</sub> is resistant to heat, pasteurization, autoclaving, and other food

processing methods. Therefore, to ensure high-quality milk, feeds must be free from AFB<sub>1</sub> contamination (Omar, 2016, Sadeghi *et al.*, 2009). Due to the high toxicity and heat stability of AFM<sub>1</sub>, coupled with the significant consumption of milk and dairy products, various countries have established maximum levels (ML) of AFM<sub>1</sub> in milk, which vary widely based on their economic status and development (Kortei *et al.*, 2022, Mollayusefian *et al.*, 2021). The European Union (E.U.) and the U.S. Food and Drug Administration (FDA) have set the ML for AFM<sub>1</sub> in liquid milk at 50 and 500 ng/L, respectively (Hassan *et al.*, 2018). Hence, it is crucial to recognize that AFM<sub>1</sub> contamination in milk of dairy cattle presents a significant risk and should not be overlooked. Ongoing global research is being conducted on the presence of AFM<sub>1</sub> in raw milk, highlighting the seriousness of this issue (Ketney *et al.*, 2017). It is essential to continue investigating the presence of AFM<sub>1</sub> in raw milk to gather data on human exposure and to assess the potential long-term health risks associated with consuming low levels of AFM<sub>1</sub> in milk (Ketney *et al.*, 2017).

One of the most effective ways to determine the likelihood and severity of liver cancer risk (LCR) is quantitative risk assessment for milk and dairy products contaminated with AFM<sub>1</sub> (Tsakiris *et al.*, 2013). This research aimed to assess pH, microbial load, and AFM<sub>1</sub> levels in milk from cattle dairy farms and distribution and collection centers in Ilam province, Iran. Furthermore, the health risks of AFM<sub>1</sub> across various age groups were evaluated by calculating cancer risk and considering factors such as estimated daily intake (EDI), hazard index (HI), margin of exposure (MoE), and LCR.

## Materials and Methods

### Description of the study site

Ilam province, situated in the western region of Iran, is inhabited by approximately 557,599 residents and encompasses a total area of 20133 square kilometers. Its geographical coordinates range between 45°24' and 48°10' longitude, and 31°58' and 34°15' latitude. The province was

geographically partitioned into six distinct regions, delineated based on the density of cattle farms and

the location of milk collection and distribution centers, as depicted in **Figure 1**.



**Figure 1.** Sampling locations in Ilam province are as follows: L1 in Ilam County, L2 in Chavar County, L3 in Ivan County, L4 in Badreh County, L5 in Darehshahr County, and L6 in Malekshahi County.

### **Data collection**

This study analyzed 84 raw milk samples, comprising 47 from dairy farms and 37 from collection and distribution centers in the province. Sampling was conducted randomly from April to June 2019, with each center selected based on specific criteria. Before sampling, milk temperature was measured, and 100 milliliters were collected into two separate falcon tubes—one for microbiological tests and one for chemical tests. The samples were promptly transported to the laboratory under cold conditions ( $4 \pm 1$  °C) for further examination.

### **Determination of the microbiological load**

Total bacterial count (TBC) was performed to assess the microbial load in raw milk samples, following the guidelines outlined by the Iranian National Standardization Organization (INSO, n: 5272-2) (Iranian National Standardization Organization, 2008).

### **Determination of pH**

The pH meter was calibrated using pH 4 and pH 7 buffer solutions prior to measurements. A small amount of milk was placed into a 30- to 50-milliliter

flask and stirred using an electric mixer until it was completely smooth (Gemechu and Amene, 2016).

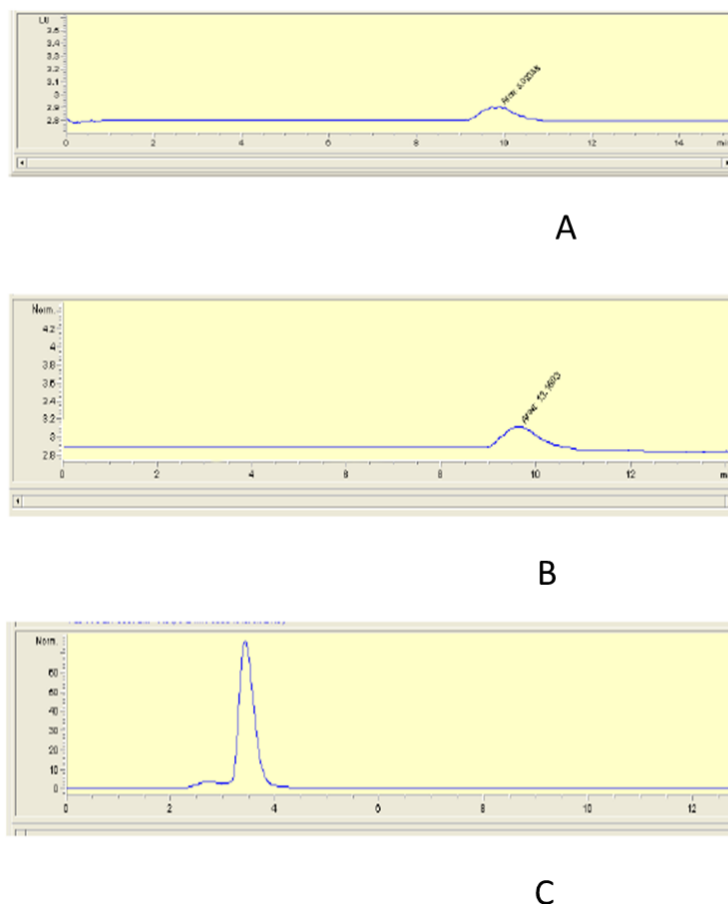
### **AFM<sub>1</sub> analysis**

Raw milk samples were collected from all dairy farms and dairies in Ilam province. The samples were stored in 100 ml Falcon tubes and frozen at  $-18$  °C until AFM<sub>1</sub> determination test was conducted. To measure AFM<sub>1</sub> levels in milk, the samples were processed according to the guidelines outlined in reference method a-5925 of the ISIRI (Iranian National Standardization Organization, 2020). Initially, 60 ml of milk was heated to  $37$  °C, after which the fat was separated from milk through centrifugation, and the upper layer was discarded. Subsequently, an immunoaffinity column was used to purify milk samples. It should be noted that homogenization prevents fat separation during centrifugation, rendering this statement inaccurate.

The milk was centrifuged at  $2000 \times g$  to separate fat, and the upper layer was discarded. Subsequently, 10 ml of phosphate-buffered saline solution was added to immunoaffinity column. After passing through two stages of filter paper, 20 ml of skim milk was passed through the column.

The sample container was washed twice with grade 3 water, and wash water was passed through the column. The column was then washed with 10 ml of grade 3 water. Then, 2500 µl of acetonitrile was passed through the column at a flow rate of 2-3 ml/min, collected in a vial, and dried in a water bath at a temperature of 50-40 °C. Subsequently, 1 ml of mobile phase was added to the vial and

mixed for the second time with a vortex mixer (Labnet, Tehran, Iran). The column was washed with 20 ml of phosphate saline buffer, and finally, 200 µl of this solution was injected into the HPLC device. The resulting peaks from the inhibition test were compared with standard peaks to identify and quantify the contamination, as determined by the calibration curve (**Figure 2**).



**Figure 2.** HPLC chromatograms of AFM1 standard solution (A: 100 ng/g, B: 100 ng/g<, C: 100 ng/g>).

### Risk assessment of exposure to AFM<sub>1</sub>

**Estimation of exposure:** To assess the potential risks of daily milk consumption and exposure to AFM<sub>1</sub>, the first step was to estimate the daily intake of AFM<sub>1</sub> in ng/day.kg of body weight. This calculation was performed using the following equation (Hooshfar *et al.*, 2020, Sharma *et al.*, 2020):

$$EDI = \frac{C \times I \times E}{B.W} \quad \text{Equation 1}$$

In the provided equation, C represents the

concentration of the contaminant (AFM<sub>1</sub>) in the milk (ng/l), I stands for daily milk intake (L/d), E denotes the exposure duration per day, and B.W represents the average weight of individuals in the test population (kilograms). According to the report from the Agriculture Ministry of Iran, the average daily milk intake for the general population was approximately 0.25 L (Moghaddam *et al.*, 2019, Nejad *et al.*, 2020, Sharma *et al.*, 2020). BW represents the mean body weight, which was assumed to be 15, 45.2, 78.7, and 74.5

kg for males under 7, aged 7–16, aged 16–65, and over 65 years old, respectively. For females, these values were assumed to be 15, 43.9, 65.5, and 66.3 kg, respectively (United States Environmental Protection Agency, 2011).

**MoE characterization for AFM<sub>1</sub>:** Genotoxic and carcinogenic substances like AF are appropriately evaluated for risk using the MoE method. These three indicators were determined based on the average daily intake of AFM<sub>1</sub> and the average milk consumption within the community. The assessment of the risk of AFM-induced liver cancer involved multiplying the probability of cancer by the average AFM<sub>1</sub> exposure (Benford *et al.*, 2010).

When calculating the MoE for average exposures to AFM, the Benchmark Dose (BMD) was utilized as the dose showing the least measurable response (570 ng/d.kg bw, representing AFM potency for hepatocellular carcinoma (HCC) based on a 2-year study in male Fischer rats) (Serraino *et al.*, 2019, Udovicki *et al.*, 2019). This value was determined by dividing the reference value by the EDI in consumers (European Food Safety Authority, 2005, Udovicki *et al.*, 2019). Any value above 10,000 was regarded as a low-level public health concern.

$$\text{MoE} = \frac{570 \frac{\text{ng}}{\text{kg}} \text{bw/day}}{\text{EDI} \frac{\text{ng}}{\text{kg}} \text{bw/day}} \quad \text{Equation 2}$$

**Health index (HI) of AFM<sub>1</sub>:** The HI was determined using **equation (3)** to ensure the safety of milk about AFM<sub>1</sub>. In this equation, the EDI represents the average daily intake of AFM<sub>1</sub> through milk consumption, and RFD is the reference dose derived from the TD50 of AFM<sub>1</sub> (10.38 µg/kg bw/day). The TD50 is the amount of AFM<sub>1</sub> that causes tumors in half of the laboratory animals. The specified TD50 value was divided by an uncertainty factor of 50,000 to obtain the RFD for AFM<sub>1</sub> in humans, resulting in a risk of 1:100,000. Considering this process, the value of RFD was established at 0.2 ng/kg bw/day. If the HI value is equal to or less than 1, it will be considered an acceptable risk. Conversely, if the HI value exceeds 1, it will be regarded as an

unacceptable risk, indicating a potential increase in LCR (Bahrami *et al.*, 2016, Hooshfar *et al.*, 2020).

$$\text{HI} = \frac{\text{EDI} \frac{\text{ng}}{\text{kg}} \text{bw/day}}{\text{RFD} \frac{\text{ng}}{\text{kg}} \text{bw/day}} \quad \text{Equation 3}$$

**Estimated LCR:** People infected with hepatitis B virus (HBV) seem to be at a greater risk of developing HCC as a result of exposure to AFs. This study examined the combined impact of exposure to AFM<sub>1</sub> and HBV on the development of HCC. It used a specific formula to calculate the estimated risk of HCC (cancer cases per year per 100,000 people) due to AFM<sub>1</sub> exposure in the community.

The Joint FAO/WHO Expert Committee on Food Additives (JECFA) provided the LCR assessment method related to AFM<sub>1</sub> (FAO/WHO, 2017). JECFA indicated a potential LCR exposure of 1 ng AFB<sub>1</sub>/kg bw/day in 100,000 individuals. Consequently, the estimated potential LCR attributed to AFM<sub>1</sub> was 0.049 (95% upper bound) additional cancer cases per 100,000 for HBsAg-negative individuals and 0.562 (95% upper bound) for HBsAg-positive individuals.

AFM<sub>1</sub> has a lower carcinogenic potency compared to AFB<sub>1</sub>, even in sensitive species such as rainbow trout and Fischer rats, with a potency that is one-tenth of AFB<sub>1</sub>. The carcinogenic potency of AFB<sub>1</sub> for HBsAg- and HBsAg+ has been documented as 0.0049 and 0.0562, respectively (FAO/WHO, 2017, Hooshfar *et al.*, 2020). The prevalence of HBsAg+ in Iran, according to the report of Iran's Center for Disease Control and Prevention, is 1.5%. Therefore, the percentage of the population (Pop) related to HBsAg+ and HBsAg- is 0.015 and 0.985, respectively (Hooshfar *et al.*, 2020, Moghaddam *et al.*, 2019). **Equations (4) and (5)** were used, based on the information mentioned above, to calculate the cancer potency (CP) and cancer risk (CR) generated by AFM<sub>1</sub>. As per the US Environmental Protection Agency guidelines, a carcinogenic risk lower than 10<sup>-4</sup> is deemed acceptable, while a risk higher than 10<sup>-4</sup> is considered to be carcinogenic (Environmental Protection Agency, 2001).



$$CP = (PHBAg^+ \times \%PopHBsAg^+) + (PHBsAg^- \times \%PopHBsAg^-)$$

**Equation 4**

$$LCR = CP \times EDI$$

**Equation 5**

### Data analysis

The statistical analysis was conducted using IBM SPSS version 20 software (SPSS Inc., Chicago, IL, USA). The one-way analysis of variance (ANOVA) test was used to compare mean scores between cities, distribution centers, and dairy farms. The average microbial load and pH were also compared using an independent t-test. Both tests were performed at a significance level of  $\alpha = 0.05$  and a confidence level of 95% CI.

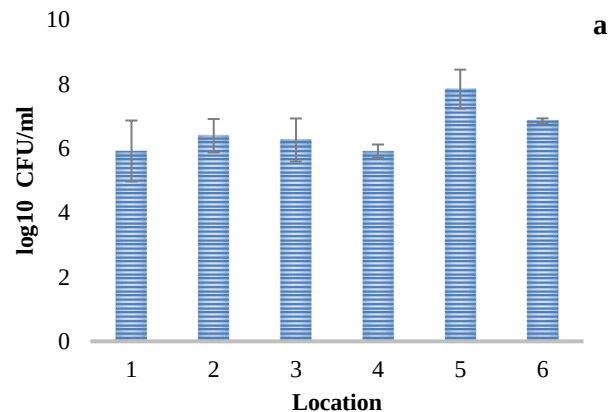
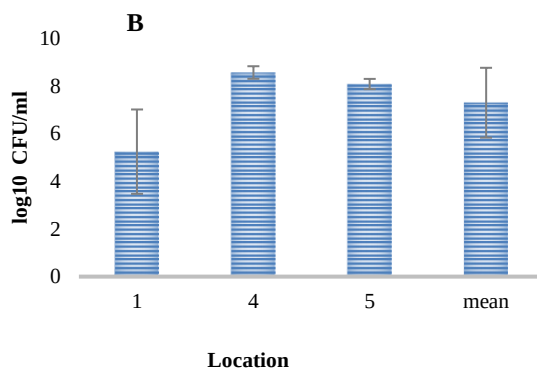
## Results

### TBC

The examination of TBC in raw milk from dairy farms in Ilam province revealed that L5 had the

highest microbial load (log CFU/ml 7.84), while the lowest was observed at L4 (log CFU/ml 5.91) (**Figure 3. A**). A statistically significant difference in microbial load was found between these locations ( $P < 0.05$ ).

Similarly, when investigating the TBC in raw milk at the collection and distribution centers of Ilam province, it was found that the lowest TBC was associated with L1 (5.25 log CFU/ml) (**Figure 3. B**), and this difference was also statistically significant ( $P < 0.05$ ). The mean TBCs in samples collected from L1, L4, and L5 were 5.25, 8.08, and 8.57 log<sub>10</sub> CFU/ml, respectively. A high TBC was detected in raw cattle milk sample collected at L4, while low counts were detected in milk sample collected at L1. Except for raw milk collection centers in L1, the other areas were not up to standard.



**Figure 3.** TBC in raw milk of dairy farms (A) and collection and distribution centers (B) in Ilam province (mean±SD).

### pH

The average pH levels in cattle dairy farms and collection and distribution centers in Ilam province are provided in **Table 1**. The results indicated that the lowest pH value in raw milk collected from dairy farms in Ilam province was associated with raw milk from cattle farms in L5 ( $P < 0.05$ ). It is important to emphasize that only three milk collection centers were located in areas 1, 4, and 5, from which samples were obtained. The highest quantity was associated with L4.

**Table 1.** Mean pH in dairy farms and collection and distribution centers in Ilam province (mean ±SD).

| Sampling Location | Dairy farm | Collection Center |
|-------------------|------------|-------------------|
| 1                 | 6.64±0.10  | 6.28±0.33         |
| 2                 | 6.67±0.21  | -                 |
| 3                 | 6.70±0.10  | -                 |
| 4                 | 6.5±0.014  | 6.32±0.035        |
| 5                 | 6.41±0.169 | 6.305±0.09        |
| 6                 | 6.53±0.014 | -                 |

Evaluation of AFM<sub>1</sub>

This study investigated the level of AFM<sub>1</sub> in 84 raw milk samples collected from cattle farms and collection centers in Ilam province. According to the findings (Table 2, Figure 4), 65 samples showed AFM<sub>1</sub> contamination levels below 20 ng/l (the detection limit of the device). A total of 17 samples exhibited contamination levels ranging from 20-90 ng/l, while two samples surpassed 100 ng/l, exceeding Iran's permissible limit. According

to the European Union, the concentration of AFM<sub>1</sub> exceeded the permissible limit of 50 ng/l in seven samples.

AF mean levels in two cohorts of dairy cattle farms and collection centers were compared. As indicated in Figure 3, the farm (25.96 ng/l) exhibited a higher AFM<sub>1</sub> level than the centers (15.14 ng/l). Nevertheless, both mean levels remained below the permissible limit.

Table 2. Occurrence of AFM<sub>1</sub> in raw cattle milk in Ilam province, Iran.

| Cohort                              | Sample(n) | Distribution of samples n (ng/l) |       |        |         |      |
|-------------------------------------|-----------|----------------------------------|-------|--------|---------|------|
|                                     |           | <20                              | 20-50 | 50-100 | 100-200 | >500 |
| Dairy farm                          | 47        | 38                               | 5     | 3      | 1       | 0    |
| Collection and distribution centers | 37        | 27                               | 7     | 2      | 0       | 1    |
| Total (N)                           | 84        | 65                               | 12    | 5      | 1       | 1    |

The Iran National Standards Organization (INSO) has set a maximum allowable level of 100 ng/l for AFM<sub>1</sub> in milk. The European Union has established

a limit of 50 ng/l for AFM<sub>1</sub> in milk, while the Food and Drug Administration has set the maximum permissible level for AFM<sub>1</sub> in milk at 500 ng/l.

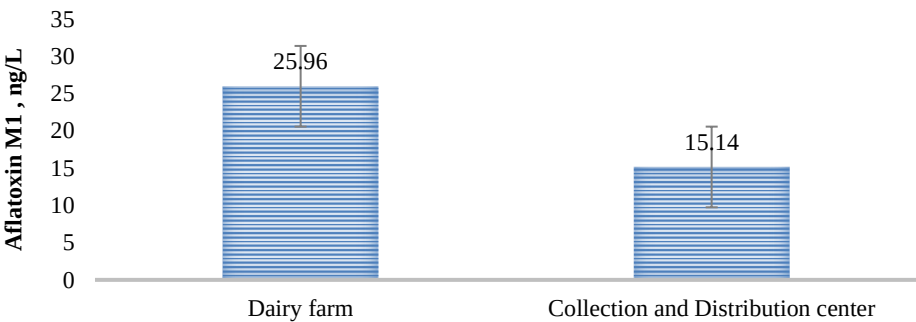


Figure 4. AFM<sub>1</sub> concentration results in dairy farms and collection and distribution centers in Ilam province (mean±SD).

Health risk assessment of AFM<sub>1</sub>

The EDI of AFM<sub>1</sub> through milk consumption presented in Table 3 is supported by health hazard indices such as HI, MoE, and LCR for different ages and sexes. EDI of total AFM<sub>1</sub> in raw cow milk samples from Ilam province were 0.36, 0.12, 0.07, 0.07, and 0.06 ng/kg bw/day for male age groups including <7, 7-16, 16-65, and >65 years, respectively, and for this, female age groups had respective daily intakes of 0.36, 0.12, 0.08, and 0.08 ng/kg bw/day. The highest EDI for males and

females in age groups below 7 years was 0.36 ng/kg bw/d, since younger age groups consume more milk per body weight compared to older age groups. The data on EDI showed a remarkable decrease with age, and values for age groups 16-65 and >65 years were quite low, ranging from 0.07 to 0.08 ng/kg bw/day.

The latest findings of the study revealed that among males, the HI rates for milk consumption were 1.79, 0.59, 0.34, and 0.36 in the age groups <7, 7-16, 16-65, and >65 years, respectively. For

females in the corresponding age groups, the HI rates were 1.79, 0.61, 0.41, and 0.4, respectively. The study showed that the potential non-carcinogenic effects of AFM<sub>1</sub> from milk consumption in the age group >7 exceeded the allowable limit (Table 3). In the younger age group (<7 years), the HI was determined to be 1.79 for both males and females, raising concern for significant risk due to AFM<sub>1</sub> exposure through milk during this developmental stage. On the contrary, the HI decreased with age, and the lowest values of 0.34-0.41 were recorded for the 16-65- and >65-year age groups, indicating a low non-carcinogenic risk in adults.

The MoE level serves as a pivotal parameter for characterizing risk, with a value below 10,000 indicating a potential health hazard. The current study findings demonstrated that the MoE value for AFM<sub>1</sub> in all types of milk sourced from diverse sampling locations and across all age groups of both genders was consistently recorded below 10,000 (Table 3). This suggests a tangible health risk associated with the consumption of AFM<sub>1</sub>-contaminated milk. Moreover, MoE highlighted the health risks associated with the presence of AFM<sub>1</sub> in milk. For both males and females under 7 years, the MoE was the lowest at 1595.98,

indicating a higher risk compared to older age groups. In contrast, values of MoE were considerably higher for older children (7-16 years), with up to 4808.96 in males and 4670.65 in females. For adults, 16-65 years old, it increased further, indicating lower carcinogenic risk with age. However, a slight decrease was observed in MoE values for the >65-year age group, representing marginally increased vulnerability among the elderly.

In the current study, the results of LCR calculation indicated that for all types of milk collected from various sampling locations and for all age groups of males and females, the LCR level was higher than 4-10 (Table 3). However, the LCR level for children under 7 years old ( $2.025 \times 10^{-3}$ ) was below  $10^{-4}$ , indicating its carcinogenicity. The highest estimated LCR level was in males and females under 7 years at  $2.025 \times 10^{-3}$ , indicating a higher risk of liver cancer in this age group. The LCR decreased with age, indicating reduced exposure and risk in the 16-65 age group. However, in the >65 years group, the LCR was still lower compared to other age groups, but considerably indicated the long-term effects of chronic exposure to AFM<sub>1</sub>.

**Table 3.** The EDI and HI, MoE, and LCR of AFM<sub>1</sub> via milk consumption based on various age groups for males and females

| Sex and age groups(year) | EDI (ng/kg bw/day) | MoE     | HI   | LCR      |
|--------------------------|--------------------|---------|------|----------|
| Male                     |                    |         |      |          |
| <7                       | 0.36               | 1595.98 | 1.79 | 2.025E-3 |
| 7-16                     | 0.12               | 4808.96 | 0.59 | 6.72E-4  |
| 16-65                    | 0.07               | 8373.12 | 0.34 | 3.86E-4  |
| 65<                      | 0.07               | 7947.55 | 0.36 | 4.07E-4  |
| Female                   |                    |         |      |          |
| <7                       | 0.36               | 1595.98 | 1.79 | 2.025E-3 |
| 7-16                     | 0.12               | 4670.65 | 0.61 | 6.91E-4  |
| 16-65                    | 0.08               | 1393.75 | 0.41 | 4.64E-4  |
| 65<                      | 0.08               | 7053.85 | 0.40 | 4.58E-4  |

**EDI:** Estimated daily intake; **MoE:** Margin of exposure; **HI:** Health index; **LCR:** Liver cancer risk



## Discussion

### Evaluation of TBC, pH, and AFM<sub>1</sub>

Iran Veterinary Organization (IVO) has established standard limits for TBC in raw milk, which have been categorized into four groups: excellent ( $\leq 4.48$ ), first-grade (4.48–5), second-grade (5–5.70), and third-grade (5.70–6) log<sub>10</sub> CFU/ml. The results showed that TBC levels in milk from all regions exceeded the standard. High TBCs can result from insufficient milk cooling, inadequate udder preparation methods, and unclean milking equipment.

The findings in L3 and L4 showed higher TBC levels compared to those reported by Arefeh *et al.*, who recorded a TBC of  $5.25 \pm 0.13$  in Kerman, Iran (Arefeh *et al.*, 2021). Its mean value (7.30) was mostly based on values reported by Kazeminia *et al.*, who found  $6.41 \pm 1.22$  in milk sampled from milk collection centers in Qazvin, Iran (Kazeminia *et al.*, 2023). Elevated TBC levels may be indicative of a diseased udder, improper milk handling practices, or unfavorable storage temperatures (Nasir and Gemedé, 2024). The variation in the collected samples could be attributed to unhygienic handling of milking apparatus. This suggests that equipment management during milking process could significantly affect the variability in the samples.

TBC levels observed in this study exceeded the acceptable thresholds established by both national and international regulatory standards. These limits are set to ensure food safety and public health, as elevated TBC levels indicate potential microbial contamination, which can compromise product quality and pose significant health risks to consumers. Compliance with these standards is crucial for minimizing the likelihood of foodborne illnesses and ensuring the microbiological safety of consumable products.

Analysis of the samples revealed significant differences in pH levels and TBC growth across various sampling locations ( $P < 0.05$ ). In L5, where the pH was lower than in other areas, the number of microorganisms was higher. This is in agreement with the previous research that obtained an average pH value of  $6.30 \pm 0.41$  (Kazeminia *et*

*al.*, 2023). Furthermore, Moosavi *et al.* in Tabriz, Iran, reported that the pH of most samples ranged from 5.00 to 7.00, with an average of 6.75 (Moosavi *et al.*, 2018). This increase can be attributed to the growth of psychotropic microorganisms at lower temperatures and the production of acidic metabolites.

A review study analyzed 11,370 samples of AFM<sub>1</sub> from various types of milk in Iran. The distribution of samples was as follows: 21.7% from dairy factories and milk collection centers (location 1), 48.8% from livestock farms (location 2), 26.8% from distribution centers and the milk market (location 3), and 2.7% from unspecified locations (location 4). The average AFM<sub>1</sub> level was  $77 \pm 159$  ng/kg (ND-1137 ng/kg), surpassing the EU limit of 50 ng/kg, but remaining under the INSO threshold of 100 ng/kg (Massahi *et al.*, 2023). Furthermore, the study revealed that livestock farms had the highest AFM<sub>1</sub> levels ( $90 \pm 209$  ng/kg) among milk sampling locations, with raw milk showing a significant correlation ( $84 \pm 84$  ng/kg) (Massahi *et al.*, 2023), consistent with the current findings.

Hasninia *et al.* also found that the average total AFM<sub>1</sub> of raw milk was  $31.2 \pm 1.7$  ng/l (Hasninia *et al.*, 2022). The variation in AFM<sub>1</sub> levels was primarily affected by type of milk, timing of sampling, and presence of AFB<sub>1</sub> in the feed given to lactating animals. Furthermore, differences in AFB<sub>1</sub> levels can arise from various factors, including conditions under which animal feed is stored, such as ventilation, temperature, humidity, storage duration, and type of feed itself; therefore, each of these factors can significantly affect the growth of *Aspergillus* fungi that produce AFB<sub>1</sub>. AF-producing fungi thrive in conducive environments characterized by humidity levels exceeding 15%, minimum temperatures of 25 °C, sufficient oxygen, and particularly warm and humid climates affecting cereals and animal feed (Berghofer *et al.*, 2003, Ghaneian *et al.*, 2016, Ranjbar *et al.*, 2010, Sales and Yoshizawa, 2005). Iran's diverse geography leads to a variety of weather conditions, contributing to different environments that can promote the growth of AF-producing fungi across different regions of the

country.

### Health risk assessment of AFM<sub>1</sub>

AFM<sub>1</sub> is a metabolite of AFB<sub>1</sub> that contains carcinogenic properties; therefore, its presence in milk is dangerous for the health of consumers, especially in liver cancer. Health risk indicators were analyzed across various populations, offering insights into age- and sex-related changes. The results of similar studies align with the present study findings on EDI. Massahi *et al.* reported EDI values of 0.94, 0.42, 0.24, and 0.25 ng/kg bw/day for age groups <7, 7-16, 16-65, and >65 years, respectively, but for females, the corresponding values were 1.26, 0.43, 0.29, and 0.28 ng/kg bw/day, respectively (Massahi *et al.*, 2023). Hasninia *et al.* also found that EDI values from milk consumption in summer for males were 0.943, 0.542, and 0 for the age groups 7-16, 16-65, and over 65 years, respectively, while for females in the same age groups, the values were 0.971, 0.651, and 0.643 ng/kg bw/day, respectively (Hasninia *et al.*, 2022). Based on the findings of the study, during winter, the estimated exposure range for males in the specified age groups was 0–0.314, 0–0.181, and 0–0.191 ng/kg bw/day, respectively. For females in the same age groups, the exposure range was 0–0.324, 0–0.217, and 0–0.214 ng/kg bw/day, respectively (Hasninia *et al.*, 2022).

Pardakhti *et al.* reported that the EDI of AFM<sub>1</sub> from milk consumption in various cities was as follows: Tehran (0.057 ng/kg bw/day), Mashhad (0.063 ng/kg bw/day), Ahwaz (0.118 ng/kg bw/day), Babol (0.289 ng/kg bw/day), Esfahan (0.069 ng/kg bw/day), Kermanshah (3.319 ng/kg bw/day), Miandoab (0.007 ng/kg bw/day), Hamedan (0.036 ng/kg bw/day), and Urmia (0.210 ng/kg bw/day) (Pardakhti and Maleki, 2019). Variations in the EDI of AFM<sub>1</sub> between studies can be attributed to multiple factors, such as the concentration of AFM<sub>1</sub>, daily milk intake (DMI), consumer age group, and body weight (BW), as well as the type, quality, and storage conditions of dairy cattle feed (Massahi *et al.*, 2023).

In a related study, HI values for males in Iran

consuming milk, across the age groups of under 7 years, 7 to 16 years, 16 to 65 years, and over 65 years were reported to be 4.7, 2.1, 1.2, and 1.3, respectively, while for females in the same age groups, HI values were 6.3, 2.1, 1.4, and 1.4, respectively (Massahi *et al.*, 2023), which was higher than the values observed in the present study. The variation in HI across different age groups is attributed to differences in EDI, the possible causes of which have been discussed earlier. According to the findings, the potential HI for non-carcinogenic effects associated with AFM<sub>1</sub> exposure due to milk consumption in Iran exceeded the permissible limit, particularly for children and adolescents. Since an HI value greater than 1 indicates an increased risk of liver cancer, immediate action is required to mitigate AFB<sub>1</sub> contamination in dairy cattle feed, especially during the summer season. Key interventions should focus on disrupting the growth conditions of *Aspergillus* species found in animal feed storage areas (Berghofer *et al.*, 2003, Ghaneian *et al.*, 2016, Ranjbar *et al.*, 2010, Sales and Yoshizawa, 2005). A review by Rahmani *et al.* reported that HI values for AFM<sub>1</sub> exposure through raw milk consumption in adults from Iran, Turkey, Syria, Palestine, Lebanon, and Egypt were 0.26, 0.47, 0.52, 0.34, 0.23, and 0.18, respectively (Rahmani *et al.*, 2018). As mentioned earlier, variations in parameters affecting the EDI of AFM<sub>1</sub>, such as BW, DMI, and AFM<sub>1</sub> concentration in milk, likely explain the differences between the findings of this study and previous research.

According to EFSA Scientific Committee guidelines, MoE based on a BMD Lower Confidence Limit (BMDL) of 10,000 or more from animal studies is not considered a public health concern and is deemed a low priority for risk management (European Food Safety Authority, 2005). However, the present study results for raw milk showed that MoE values for AFM<sub>1</sub> exposure among consumers were below 10,000, indicating a health concern related to AFM<sub>1</sub> exposure. A study by Udoveicki *et al.* in Serbia and Greece assessed AFM intake in milk and yogurt, reporting MoE values ranging from 213.2 to 460.4 for Serbia and

1142.3 to 1628.6 for Greece (Udovicki *et al.*, 2019). These findings, along with those of Hasninia and Massahi show MoE levels below 10,000 (Hasninia *et al.*, 2022, Massahi *et al.*, 2023) and Mokhtarib *et al.* with an MoE range of 1892.9 to 3921.6 (Mokhtari *et al.*, 2022), align with the current study results.

Similar studies have reported the LCR associated with AFM<sub>1</sub> exposure through milk consumption in urban areas, with calculated risk values ranging from 0.0008 to 0.0017, which corresponds to the second sampling series (traditional milk) and the first sampling series (pasteurized milk), respectively (Mokhtari *et al.*, 2022). These results represent the estimated probability of additional liver cancer cases per year per million individuals. Based on these findings, the overall cancer risk from AFM<sub>1</sub> exposure to milk appears to be very low, and there is no significant public health concern in this regard. In a study conducted by Hooshfar *et al.* in Iran (Hooshfar *et al.*, 2020), the risk assessment of primary LCR due to AFM<sub>1</sub> in milk revealed that cancer risk, based on a more realistic scenario accounting for average AFM<sub>1</sub> exposure and milk consumption, was calculated at 0.0001 additional cancer cases per 100,000 person-years. This finding aligns with the present study, which ranged from 0.0007 to 0.0016 additional cases per million person-years (Hooshfar *et al.*, 2020).

This study aimed to assess the levels of microbial contamination and the presence of aflatoxins in livestock farms throughout the province. We measured AFM<sub>1</sub> levels and microbial contamination in cattle milk, ensuring that all active livestock farms were included in our research. Future studies should focus on investigating the causes and sources of bacterial contamination, as well as isolating and identifying the microorganisms and bacterial strains present in milk. Moreover, it will be important to examine the levels of AFM<sub>1</sub> across different seasons and how seasonal variations may impact these levels.

## Conclusion

This study evaluated the presence and

concentration of TBC, pH, and AFM<sub>1</sub> in raw cattle milk in Ilam province, Iran. The analysis of TBC in raw milk samples collected from dairy farms showed that L5 exhibited the highest microbial load, with a log CFU/ml value of 7.84. In contrast, L4 had the lowest microbial load, with a recorded log CFU/ml value of 5.91. Furthermore, the lowest pH of raw milk from cattle farms was in L5, while the highest was in L3. Based on the findings, the mean AFM<sub>1</sub> level in raw milk cattle produced in Ilam province was dairy farms (25.96 ng/l) and collection centers (15.14 ng/l), which was below EU regulation (50 ng/l) and INSO regulations (100 ng/l). The results showed a statistically significant variation in mean levels of pH, TBC, and AFM<sub>1</sub> between dairy farms, collection and distribution centers, and various sampling locations ( $p < 0.05$ ). These discrepancies probably result from individual lactating animals ingesting AFB<sub>1</sub> at different levels, since AFB<sub>1</sub> is metabolized into AFM<sub>1</sub> and excreted into milk. The present analysis points out that in health risk assessment of AFM<sub>1</sub>, in the case of young children, the intake of AFM<sub>1</sub> through milk may pose overall health risks, with a particular incidence of liver cancer. High LCR and HI values among children under 7 years suggest stricter enforcement of the regulations regarding contamination by AFM<sub>1</sub> in milk and its products, with special emphasis on product consumption within this age group. Although the risk decreases with age, it supports the continued vigilance in the long-term impact of cumulative exposure, particularly for the elderly, to protect vulnerable populations from AFM<sub>1</sub>-related health risks.

## Acknowledgments

The authors are very grateful to the Ilam Veterinary Organization for financial support of this study.

## Authors' contributions

Nemati M, Khajehali E, and Rashidimehr A conducted the experiment, analyzed data, interpreted statistical analysis, and wrote the main draft of the manuscript. All authors reviewed and

approved the manuscript.

### Conflicts of interest

The authors declare no conflicts of interest.

### Funding

The research reported in this publication was supported by Ilam Veterinary Organization and Ilam University, Ilam, Iran.

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