# METAL CONTAMINANTS AND CHLORAMPHENICOL IN *Litopenaeus* vannamei AND Penaeus silasi AT VARIOUS SUPPLY CHAIN STAGES IN JOHOR BAHRU, AND THEIR HEALTH RISK ASSESSMENT

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A thesis submitted in fulfilment of the requirements for the award of the degree of Master of Philosophy

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#### **ABSTRACT**

Contamination by toxic metals and antibiotics (like chloramphenicol) in white shrimps can be detrimental to human health. Hence, this present research evaluated the concentrations of As, Pb, Cd and total Hg and chloramphenicol as prescribed by the Malaysian Food Act in *Penaeus silasi* and *Litopenaeus vannamei* shrimps sampled from the different supply chain stages. The sampling was made at landing sites, major markets and grocers in Johor Bahru, Johor, Malaysia during the six sampling intervals. A Perkin-Elmer Analyst PinAAcle 900T atomic absorption spectrometer equipped with graphite furnace (GFAAS) and autosampler was used for quantitating the concentrations of As, Pb, and Cd. A flow injection mercury/hydride system (FI-MHS) was utilized for analysing the total Hg. The results revealed the median As and Cd concentrations that ranged between below detection limit (bdl) - 167.5 mg/kg and bdl - 0.46 mg/kg, respectively. As for total Hg, the concentrations ranged between 0.02 -1.13 mg/kg. Although Pb and chloramphenicol were not detected, As and total Hg concentrations varied significantly across the six sampling intervals (P < 0.05), exceeded the maximum permitted proportions prescribed by the Malaysian Food Act. Identified as P. silasi, shrimps from landing sites Mersing and Pontian had significantly higher As and total Hg concentrations than those of L. vannamei from major markets and their surrounding grocers (P < 0.05). Alarmingly, Hazard Index for P. silasi from landing sites Mersing and Pontian as well as L. vannamei from major markets and grocers exceeded 1.00. Hence, formulating suitable intervention programs and devising efficient removal technologies are paramount for benefiting the public at large.

#### **ABSTRAK**

Pencemaran logam toksik dan antibiotic (seperti kloramfenikol) dalam udang putih boleh menjejaskan kesihatan manusia. Justeru, kajian ini yang menilai kepekatan bahan kontaminasi logam (As, Pb, Cd dan Hg terkumpul) dan kloramfenikol seperti yang ditetapkan oleh Akta Makanan Malaysia dalam udang Penaeus silasi dan Litopenaeus vannamei yang disampel pada pelbagai peringkat rantaian bekalan. Pensampelan dilakukan pada tapak pendaratan, pasar utama dan kedai runcit di Johor Bahru, Johor, Malaysia semasa enam selang pensampelan. Spektrometer serapan atom PinAAcle 900T Penganalisis Perkin-Elmer yang dilengkapi dengan relau grafit (GFAAS) dan penyampel automatik digunakan dalam menentukan kepekatan As, Pb dan Cd. Sistem suntikan merkuri/hidrida (FI-MHS) digunakan untuk menganalisis Hg terkumpul. Keputusan menunjukkan median kepekatan As dan Cd yang masingmasing berjulat antara di bawah had pengesanan (bdl) - 167.5 mg/kg dan bdl - 0.46 mg/kg. Bagi Hg terkumpul, kepekatannya berjulat antara 0.02 - 1.13 mg/kg. Walaupun Pb dan kloramfenikol tidak dikesan, kepekatan As dan Hg terkumpul berbeza secara signifikan merentas enam selang pensampelan (P < 0.05), melebihi perkadaran maksimum dibenarkan yang ditetapkan oleh Akta Makanan Malaysia. Dikenal pasti sebagai P. silasi, udang dari tapak pendaratan Mersing dan Pontian mempunyai kepekatan As dan Hg terkumpul yang lebih tinggi secara signifikan berbanding L. vannamei dari pasar utama dan kedai runcit di sekitarnya (P < 0.05). Apa yang membimbangkan, Indeks Bahaya untuk P. silasi dari tapak pendaratan Mersing dan Pontian serta L. vannamei dari pasar utama dan kedai runcit adalah melebihi 1.00. Oleh yang demikian, perumusan program intervensi yang sesuai dan menghasilkan teknologi penyingkiran yang cekap adalah utama dalam memanfaatkan khalayak ramai.

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## LIST OF ABBREVIATIONS

AAS - Atomic absorption spectroscopy

AC - Average consumer

ADI - Allowable daily intake

ANZFSC - Australia New Zealand Food Standard Code

AOAC - Association of Official Analytical Collaboration

As - Arsenic

Bdl - Below detection limit

BW - Body Weight

CAP - Chloramphenicol

Cd - Cadmium

CE - Capillary electrophoresis

Co - Cobalt

Cr - Chromium

Cu - Copper

DAD - Diode array detector

DI - Deionized

DNA - Deoxyribonucle ic acid

DOF - Department of Fishery

Dw - Dry weight

EC - European Commission

EDI - Estimation daily intake

ELISA - Enzyme-linked immunosorbent assay

EU - European Union

EWI - Estimated weekly intake

FAAS - Flame atomic absorption spectroscopy

FAO - Food and Agriculture Organization

Fe - Iron

FI-MHS - Flow injection mercury/hydride system

FSSAI - Food Safety and Standards Authority of India

GFAAS - Graphite furnace atomic absorption spectroscopy

GPS - Global positioning system

H<sub>2</sub>O<sub>2</sub> - Hydrogen peroxide

HC - High consumer

HCL - Hydrochloric acid

Hg - Mercury

 $HNO_3$ 

HI - Hazard index

HPLC - High performance liquid chromatography

Nitric acid

HQ - Hazard quotient

ICP-OES - Inductively coupled plasma optical emission spectrometry

IUPAC - International Union of Pure and Applied Chemistry

JECFA - Joint FAO/WHO Expert Committee on Food Additives

KMNO4 - Potassium manganate (VII)

LC-MS - Liquid chromatography-mass spectrometry

LLOQ - Lower limit of quantification

LOD - Limit of detection

LOQ - Limit of quantification

MeHg - Methyl Mercury

Mn - Manganese

Mo - Molybdenum

MOFL - Ministry of Fisheries and Livestock

MPPs - Maximum permitted proportions

MRLs - Maximum residue limit

MRPL - Minimum required performance limit

MYR - Malaysia ringgit

Ni - Nickel

P - Probability

Pb - Lead

PTDI - Provisional tolerable daily intake

PTWI - Provisional tolerable weekly intake

Rb - Rubidium

RfD - Oral reference dosage

RM - Ringgit Malaysia

RSD - Relative standard deviation

Se - Selenium

SEAFDEC - Southeast Asian Fisheries Development Centre

SnCl2 - Tin (II) chloride

Sp. - Species

THQ - Target hazard quotient

UPLC- - Ultra high performance liquid chromatography-tandem mass

MS/MS spectrometry

USA - United stated of America

USA EPA - Environmental Protection Agency

USFDA - United States of America Food and Drug Administration

V - Vanadium

Viz. - Namely

WHO - World health organization

WHO/FAO - World Health Organization/ Food Agriculture Organization

ww - Wet weight

WWTPs - Waste water treatment plant

Zn - Zinc

# LIST OF SYMBOLS

ITEMS DESCRIPTIONS

g/day Gram per day

°C Celsius

mg/kg Milligram per kilogram

% Percent

μg/L Microgram per litre

v/v Volume per volume

w/w Weight per weight

μg/g Microgram per gram

ng/g Nanogram per gram

μg/kg Microgram per kilogram

mg/kg Milligram per kilogram

kg Kilogram

mg Milligram

μL Microliter

min Minute

mL Millilitre

nm Nanometre

mg/L Milligram per litre

mL/min Millilitre per minute

 $\approx$  Approximate

#### **CHAPTER 1**

#### INTRODUCTION

#### 1.1 Background of Study

White shrimp (Litopenaeus vannamei) and false white shrimp (Penaeus silasi) are popular aquaculture products in many countries including Malaysia (Okpala et al., 2014; Hidayati et al., 2020). According to the Malaysia Department of Fisheries (DOF), Malaysia has been producing 50,000 metric tons of shrimps a year, approximately 13% of aquaculture total production volume. This production has contributed to approximately MYR 1.3 billion worth of fishery exports (DOF, 2020). As a matter of fact in Peninsular Malaysia, L. vannamei has been exclusively farmed in captivity (Abidin, M.N., Personal communication, Department of Fishery Johor, August 25, 2020), while others species of shrimps (including *P. silasi*) can be harvested from the ocean (Anandkumar et al., 2017). Exclusively for Johor (the southernmost state of peninsular Malaysia), about 4457.94 metric tons of shrimps have been traded in the market for the year of 2019 alone, accountable for approximately MYR 175 million in economic values (Abidin, M.N., Personal communication, Department of Fishery Johor, August 25, 2020). The escalating demand for shrimps has been attributable to its comparatively affordable price and favorable nutritional values (Pires et al., 2018), as well as the rapidly growing population (Ghee-Thean et al., 2016). Interestingly, despite being cheaper in prices than that of black tiger shrimps (Penaeus monodon), L.vannamei has been reported to have a higher protein content (18.8 %) than that of the former (17.1%) (Sriket et al., 2007). Despite slightly lower protein content in P. silasi (13.6 %) (European Commission, 2021) than those of L. vannamei and P. monodon, the false white shrimp can still be considered as an important source of protein. Such findings would translate as L. vannamei and P. silasi being good sources of amino acids, especially those of essential ones for human consumption (Gunalan et al., 2013).

Similar to shellfishes and crabs, shrimps scavenge on a wide range of materials including debris and other bottom-dwelling animals (Food and Agriculture Organization, FAO, 2008), as well as having the tendency to accumulate toxicants, especially metal contaminants prevailing in the aquatic environment (Batvari et al., 2016). In this context, studies revealed that the sensitivity of crustaceans (including shrimps) to accumulate metal contaminants is largely influenced by their stages of development, reproductive cycle, molting stage and nutritional condition (Zhang et al., 2017). It has been indicated that pollution by metal contaminants in the aquatic ecosystem is one of the most alarming, decade-long environmental issues due to their inherent toxicity, non-degradability and persistency in water (Wang et al., 2013). Such a situation eventually leads to toxic accumulations in aquatic organisms (Olmedo et al., 2013). Industrial, agricultural and mining activities appear to be among the major sources of anthropogenic contamination of the aquatic ecosystem for metal contaminants (Raissy, 2016). In addition, contamination of the aquatic ecosystem with pharmaceutical drugs would further exert an unwanted environmental stressor on aquatic organisms (McCallum et al., 2019). Being highly stable, pharmaceutical drugs can be considered as "pseudo persistent" pollutants, and these drugs are able to target specific metabolic and molecular pathways in humans and animals because they are biologically active (Trombini et al., 2019). Hence, the fact that humans can be exposed to contamination by these metal contaminants and pharmaceutical drugs through the food chain with consumption of seafood (Ullah et al., 2017b) cannot be neglected.

In this context, researchers (Rabiul Islam et al., 2017; Mahat et al., 2018) indicated the possible toxicities of metal contaminants via ingestion of seafood following acute and chronic exposures. The adverse health implications included brain damage, paralysis, anemia and disruption of vital body systems (Rabiul Islam et al., 2017; Mahat et al., 2018). The World Health Organization (WHO, 2016) also reported about the increasing incidences of fetus malformations and deaths, as well as preterm and/or low birth weight babies among mothers exposed to toxic metals. Therefore, to

safeguard human health, many countries (including Malaysia) have prescribed the Maximum Permitted Proportions (MPPs) for a number of metal contaminants, as well as other contaminants such as pharmaceutical compounds in the various types of seafood including shrimps (Griboff et al., 2020; Rajan and Ishak, 2017; Vandermeersch et al., 2015). In Malaysia, the metal contaminants outlined in the law are arsenic (As), cadmium (Cd), lead (Pb), and total mercury (total Hg). The law also bans any presence of chloramphenicol, nitrofuran and beta agonist (excluding Ractopamine) in any types of foods (Malaysia Food Act 1983 (Act 281) and Regulations (2021)), accentuating their severe toxicities for human.

Being a broad spectrum antibiotic, chloramphenicol has been illegally used in aquaculture for promoting growth and production, as well as treating bacterial diseases of aquatic products (like white shrimps) (Suseno et al., 2016). Because chloramphenicol can be carcinogenic and possibly suppress the human bone marrow, as well as affecting various vital systems in the human body (including that of the reproductive system), its utilization in food producing animals for human consumption has been banned by many developed countries (Chen et al., 2020). Importantly, it has also been indicated that bacterial antibiotic resistance such as chloramphenicol can be augmented by heavy metals (e.g. species of arsenic) even at sub-toxic levels which subsequently may cause higher health risk towards human and the environment (Chen et al., 2015). It is pertinent to mention here that shrimps exported from Malaysia has been banned and placed into import alert by the United States of America Food and Drug Administration, (USFDA), presumably attributable to the presence of traces of illegal antibiotics of chloramphenicol (USFDA, 2020). Responding to such a ban, the DOF has issued a press release denying such an allegation, attributing the element of transshipment from other countries as the reason for such contaminated shrimps (DOF, 2020).

Considering that continuous monitoring of metal contaminants is imperative, various analytical methods developed using different instruments have been reported. The methods ranged from flame atomic absorption spectroscopy (FAAS) (Mahat et al., 2018), and graphite furnace atomic absorption spectroscopy (GFAAS) (Elgammal et

al., 2019), inductively coupled plasma optical emission spectroscopy (ICP-OES) (Giri and Singh, 2014), and capillary electrophoresis (CE) (LI et al., 2016). The use of GFAAS has been acquiring popularity due to its low detection limits while requiring minimum sample manipulation as well as its relative simplicity and the short duration to obtain a result (Zhong et al., 2016). As for pharmaceutical compounds, the use of High-Performance Liquid Chromatography (HPLC) as well as Gas chromatography (GC) to analyze seafood products has been prevalently reported (Cháfer-Pericás et al., 2010; Mottaleb et al., 2016). This chromatographic techniques provide sensitive and selective method for the simultaneous quantification of different pharmaceutical drugs (Siddiqui et al., 2017). However, these approaches are time-consuming and necessitating the use of highly specialized experts as well as pricey instruments. Chloramphenicol residues can now be detected by microbiological, enzymatic, and immunological assays (Liu et al., 2019). Enzyme-linked immunosorbent assay (ELISA) technique for quantitative detection of chloramphenicol has been highly recommended nowadays because of several advantages. The method is highly accurate and precise, as well as quick and easy to handle; even at the limit of detection, the analysis of large volumes of samples can be done in short time (Sarwer et al., 2017). In this context, this current study used the ELISA technique to determine the level of chloramphenicol residues in the tissues of 'white shrimps'. As such, developing validated and robust analytical methods for detecting and quantitating the different toxicants such as metal contaminants and chloramphenicol in important aquaculture commodities like white shrimps appears relevant.

Despite the pertinence of these ecotoxicology and health issues, review of literature reveals only limited number of scientific articles endeavoring on the detection and quantitation of selected metal contaminants in shrimps from Malaysia as well as its relevant health risk assessment. Specific study on pharmaceutical contaminants like chloramphenicol in shrimps remains unreported so far. While investigating the concentrations of Cu, Cd, Cr, Co, Ni, Pb, Mn, Zn and Rb in several marine species of shrimps from the Miri coast of Sarawak, Anandkumar et al. (2017) reported that they were lower than that of the permissible limits of Malaysian and international guidelines for seafood. The authors further reported low estimated daily intake (EDI) and hazard indices, concluding that the shrimps may not cause acute toxicities and therefore, safe

for human consumption. However, because the work by Anandkumar et al. (2017) did not include the full list of metal contaminants as prescribed by the Malaysian Food Act 1983 (Act 281) and Regulations (2021) while estimating its hazard indices (As and Hg were excluded), the real status of safety for consuming the shrimps may not be well represented. The fact that the description on the sampling period as well as the complete analytical validation data are also not provided, the robustness of the results reported by the authors can be at dispute.

In another study, Rajan and Ishak (2017) reported that 'there is no calculated significant risk from metal toxicity by the consumption of shrimps' from several local wet markets in Selangor. However, the fact that (a) the sampling was done only for 3 months in 2015, (b) with small sample size from the unreported sources, (c) the analysis did not include As and Hg (d) with no analytical validation data reported, the interpretation drawn by the authors may prove outdated and erroneous. Similar issues as indicated for the work by Rajan and Ishak (2017) also prevailed for the study on shrimps conducted in Kingfisher Inanam, Kota Kinabalu, Sabah reported by Lee et al. (2017). In a more recent study, Annual et al. (2018) reported the concentrations of total Hg and methylmercury (MeHg) alone in several species of crustaceans, cephalopods and fishes from West Peninsular Malaysia (Perak and Selangor). While concluding that the concentrations observed for these two compounds as below the Malaysian Food Regulation for fish and fishery products, suitable inference on the safe consumption of such seafood products for human cannot be explicitly corroborated. This is because their work did not include all the metal contaminants prescribed by the Malaysian Food Act 1983 (Act 281) and Regulations (2021). Interestingly, it has been advocated that the shrimps of Penaeus merguiensis from Serdang (Selangor) (Yap et al., 2019a) and Acetes sp. from Pantai Klebang (Malacca) (Yap et al., 2019b) as safe for human consumption. Conversely, in-depth evaluations of these two articles revealed that they were both undertaken (a) in a single instance during year 2007 (b) focusing on only one or two relevant metal contaminants prescribed by the law. In addition, the two articles also (c) did not provide suitable description on the sampling methods as well as (d) the relevant analytical validation data. The lack of such important pieces of information may hinder appropriate and empirically justifiable public health conclusion to be made. Thus, suitable studies addressing these limitations are necessary.

## 1.2 Problem Statement

The global and domestic changes in the preference of consumers from consuming red meat (ruminant products) to white meat (e.g. shrimp) (Ghee-Thean et al., 2016) as a source of protein (Okpala et al., 2014) have been reported. Since contamination by metal contaminants (Mahat et al., 2018) and pharmaceutical compounds (Griboff et al., 2020) like chloramphenicol in aquatic organisms has been indicated, continuous monitoring of such contaminants in important aquaculture commodities like *L. vannamei and P. silasi* sold to the consumers appears imperative. Being an important metropolitan city connected to Singapore *via* a causeway across the Straits of Johor as well as other states within Peninsular Malaysia, Johor Bahru is strategically important for international trading.

Despite the categorical placement of Malaysian shrimp exporters on the US FDA red list due to the detection of chloramphenicol since 2018, such tainted shrimps have been reportedly sold in Malaysia for domestic consumption (Malay Mail, 2020, January 4). In the immediate response by the DOF (2020), a press statement associating the presence of chloramphenicol to the element of transshipment, by illegally importing shrimps and re-exporting the commodity to the USA, was made on 4th January 2020. However, no tangible evidence has been offered to support such a claim. Such a negative connotation has not only tarnished the reputation of Malaysia as one of the aquaculture products exporting countries in Asia, but also detrimentally affects the well-being of the population, causing public health and economic issues that merit scientific clarification.

Specifically for Malaysia, its Food Act 1983 (Act 281) and Regulations (2021) outlines the Maximum Permitted Proportions (MPPs) (wet weight) for As, Pb, and Cd as 1.0 mg/kg, with slightly lower MPP of 0.5 mg/kg for total Hg) in crustaceans/shrimps. The same act also clearly bans any presence of chloramphenicol in any type of foods, accentuating its severe toxicity for human consumption. While review of literature does not reveal any study that evaluated chloramphenicol in

shrimps from Malaysia, studies on the amount of metal contaminants in the same matrix appear to suffer a great deal of limitations. The limitations include (a) analysis that excluded As and Hg, leading to inappropriate conclusion on its risk assessment (e.g. Yap et al., 2019), (b) inadequate description of sampling procedure and locations (e.g. Rajan and Ishak, 2017), (c) outdated sampling time (e.g. Anual et al., 2018) as well as (d) incomplete validation data, (e.g. Rajan and Ishak, 2017). Moreover, there is no medium to long-term study that investigated all the four metal contaminants (As, Pb, Cd and total Hg) and chloramphenicol in *L. vannamei* and *P. silasi* sold at various supply chain stages (seafood landing sites, major markets and retail grocers) in Malaysia.

While it is important to ensure that the concentrations of metal contaminants (viz. As, Pb, Cd and total Hg) in L. vannamei and P. silasi comply fully with the prescribed MPPs, it is also paramount to perform its health risk assessment (target hazard quotient (THQ) and hazard index (HI)). Such evaluations are important because the long-term consumption of metal contaminants (even at low concentrations) can cause detrimental effects on human (Rabiul Islam et al., 2017). The effects include disruption of numerous physiological and biochemical processes, resulting in various health problems including thalassemia, dermatitis, brain and kidney damages or worse, cancer (WHO, 2021). According to WHO (2022), eating food contaminated with germs, viruses, parasites, or chemical compounds such as heavy metals causes over 200 different diseases. These diseases considerably contribute to the worldwide disease and mortality burden. Every year, about one in every ten people worldwide become ill as a result of tainted food, resulting in over 420 000 fatalities. Hence, this study was aimed at determining the amounts of metal contaminants as prescribed by the Malaysian law (i.e. As, Pb, Cd and total Hg) and chloramphenicol in L. vannamei and P. silasi obtained from various supply chain stages (viz. seafood landing sites, major markets and retail grocers) in Johor Bahru, Malaysia. Additionally, this research too was aimed at investigating its health risk assessment which may prove beneficial for the relevant health authorities in developing and implementing appropriate intervention strategies for the community as a whole. Figure 1.1 represents the conceptual framework of this research study.

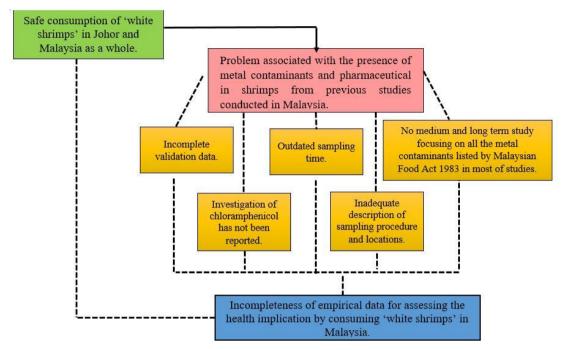


Figure 1.1 Conceptual framework of this research study.

# 1.3 Objectives and Hypothesis

The objectives of this present study were:

- To compare the concentrations of As, Pb, Cd, total Hg and chloramphenicol in 'white shrimps' sampled from seafood landing sites with those of major markets and their surrounding retail grocers in Johor Bahru.
- 2. To evaluate the health risk assessment associated with the long-term consumption of contaminated 'white shrimps' in Johor Bahru.

It was hypothesized that there were significant differences in the concentrations of metal contaminants and chloramphenicol in 'white shrimps' sampled from seafood landing sites with those of major markets and their surrounding retail grocers in Johor Bahru.

# 1.4 Scope of Study

The study involved stratified random sampling of 'white shrimps' sampled from three different stages of supply chain in Johor Bahru *viz*. the Pontian and Mersing seafood landing sites, major markets A and B, as well as surrounding retail grocers that were situated within the 2 km radius of major markets (A and B) over six sampling intervals. Using the validated GFAAS and flow injection mercury/hydride system (FI-MHS) as well as ELISA, quantitative analysis of As, Pb and Cd, as well as total Hg and chloramphenicol in 'white shrimps' samples were attempted. The concentrations of metal contaminants in 'white shrimps' samples at the different stages of supply chain were compared with the MPPs prescribed by the Food Act 1983 (Act 281) and Regulations (2021). The EDI, THQ, and HI were used to evaluate the health risk assessment for consuming this shrimp for human.

## 1.5 Significance of study

The findings reported here revealed the extent of contaminations of As, Cd, Pb, total Hg and chloramphenicol in 'white shrimps' sold at various stages of supply chain (*viz.* seafood landing sites, major markets and retail grocers) in Johor Bahru, in view of identifying the possible points of contamination. The fact that this study was the first ever attempt to evaluate the health risk assessment for consuming contaminated 'white shrimps' in Johor Bahru, the data may prove useful for the relevant health authority to construct suitable intervention remedies for benefiting the community. This traceability study for shrimps at various stages of supply chain in Johor is deemed useful for strengthening the overall safety and security of our seafood industry. Therefore, formulating suitable intervention programs and devising efficient removal technologies are paramount for benefiting the public at large.

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#### LIST OF PUBLICATION

# **Conference Proceeding**

1. Anuar, N., Mahat, NA., and Muhammad, II. (2022). Metal Contaminants in Litopenaeus Vannamei and Penaeus Silasi at Various Supply Chain Stages in Johor Bahru, Malaysia and Their Health Risk Assessment. *Proceedings Science and Mathematics* 6, 1–5.

# ISI Journal Article (Under review)

1. Anuar, N., Mahat, NA., Muhammad, II., Keyon, ASA., Huri, MAM., Yunus, NA., Zaidel, DNA., Mutalib, NAA., Radu, S., and Azman, AR. Metal contaminants and chloramphenicol in Litopenaeus vannamei and Penaeus silasi at various supply chain stages in Johor Bahru, Malaysia and their health risk assessment. Submitted to *Journal of King Saud University-Science* (WOS: Q2).

# Other publications

1. Ting, C. W., Mahat, N. A., Azman, A. R., Muda, N. W., and Anuar, N. (2021). Performance of the Nanobio-Based Reagent for Visualising Wet Fingerprints Exposed to Different Levels of Water Salinity. *Journal of Clinical and Health Sciences*, 6(1(Special)), 32. https://doi.org/10.24191/jchs.v6i1(special).13169