

# FLUORIDE: Keep it out of our water

## What's wrong with fluoride?

Fluoride is a cumulative poison. Once fluoride is put in the water it is impossible to control the dose each individual receives. This is because some people drink more water than others, and we receive fluoride from sources other than the water supply.<sup>1</sup>

## How harmful is fluoride?

Fluoride has been shown to be mutagenic, causing chromosome damage and interfering with the enzymes involved with DNA repair in a variety of cell and tissue studies<sup>2</sup>

## Fluoride problems are on the rise

According to the Centers for Disease Control, dental fluorosis—white, yellow or brown stains on permanent teeth—now impacts 32% of American children, an increase of 9% since the 1980s.<sup>3</sup>

## Infants and Children are at risk

- The National Research Council reports that babies under one year risk moderate dental fluorosis from water fluoride concentrations of 0.7 - 1.2 mg/L.<sup>4</sup>
- The Academy of General Dentistry cautioned parents to avoid fluoridated water when making infant foods.<sup>5</sup>
- The American Dental Association sent out an alert to “simply and effectively reduce fluoride intake during a baby's first year of life.” They advised that fluoridated tap water be avoided when making infant formula and substituting fluoride-free bottled water.<sup>6</sup>
- According to the US Food and Drug Administration, the Recommendation for Using Fluoride to Prevent and Control Dental Caries is not intended for use on bottled water products specifically marketed for use by infants.<sup>7</sup>

## Unnecessary to Prevent Tooth Decay

Dental health studies comparing communities with fluoridated and non-fluoridated public water supplies suggest that municipal fluoridation is unnecessary to prevent cavities, particularly in industrialized countries like the United States.<sup>8</sup>

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<sup>1</sup> “50 Reasons to Oppose Fluoridation,” Dr. Paul Connett, Professor of Chemistry, St. Lawrence University, NY 13617, 315-229-5853 pconnett@stlawu.edu

<sup>2</sup> Tsutsui 1984; Caspary 1987; Kishi 1993 and Mihashi 1996

<sup>3</sup> Centers for Disease Control, August 25, 2005. <http://www.cdc.gov/mmwr/preview/mmwrhtml/figures/s403a1t23.gif>

<sup>4</sup> National Research Council. (2006). Fluoride in Drinking Water: A Scientific Review of EPA's Standards. National Academies Press, Washington D.C. [http://www.nap.edu/catalog/11571.html?onpi\\_newsdoc03222006](http://www.nap.edu/catalog/11571.html?onpi_newsdoc03222006)

<sup>5</sup> Academy of General Dentistry News Release “Monitor Infant's Fluoride Intake,” <http://www.agd.org/consumer/topics/baby/fluoride.asp>

<sup>6</sup> ADA e-gram, “Interim Guidance on Reconstituted Infant Formula”, November 9, 2006 [http://www.ada.org/prof/resources/pubs/epubs/egram/egram\\_061109.pdf](http://www.ada.org/prof/resources/pubs/epubs/egram/egram_061109.pdf)

<sup>7</sup> “Health Claim Notification for Fluoridated Water and Reduced Risk of Dental Caries,” Updated: 05/21/2009 <http://www.fda.gov/Food/LabelingNutrition/LabelClaims/FDAModernizationActFDAMAClaims/ucm073602.htm>

<sup>8</sup> *Community water fluoridation and caries prevention: a critical review*, Pizzo et al, Clin. Oral Investig. 2007 Sep;11(3):189-93. Epub 2007 Feb 27, <http://www.ncbi.nlm.nih.gov/pubmed/17333303>

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