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FLUORIDE IS NOT AN ESSENTIAL NUTRIENT

(https://twitter.com/FluorideAction)

Fluoride Action Network | By Michael Connett

In the 1950s, dentists believed that fluoride was a “nutrient.” A nutrient is a vitamin or mineral that is necessary for good health. Dentists believed that fluoride ingestion (http://www.fluoridealert.org/issues/caries/topical_systemic/) during childhood was necessary for strong, healthy teeth. A “fluoride deficiency” was thus believed to cause cavities, just like a deficiency of calcium can cause osteoporosis, or a deficiency of vitamin-D can cause rickets. It is now known, however, that fluoride is not a nutrient. As acknowledged by the CDC, the fluoride content of a tooth has little bearing on whether or not the tooth will develop a cavity. According to the CDC (http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm):

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FAN NEWSLETTER

Sign up for our free newsletter for updates on the latest fluoride developments.

Form with fields: First Name*, Last Name*, Email*, State/Province, Country, and a JOIN button.

QUICK FACTS

97% OF WESTERN EUROPE HAS REJECTED WATER FLUORIDATION (HTTP://WWW.FLUORIDEALERT.ORG/CONTENT/EUROPE-STATEMENTS/)

MANY CHILDREN NOW EXCEED RECOMMENDED DAILY FLUORIDE INTAKE FROM TOOTHPASTE ALONE. (HTTP://WWW.FLUORIDEALERT.ORG/ISSUES/SOURCES/F-TOOTHPASTE/)

FLUORIDE IS NOT A NUTRIENT (HTTP://WWW.FLUORIDEALERT.ORG/STUDIES/ESSENTIAL-NUTRIENT/).

64 STUDIES HAVE LINKED FLUORIDE WITH REDUCED IQ IN CHILDREN (HTTP://WWW.FLUORIDEALERT.ORG/STUDIES/BRAIN01/).

“The prevalence of dental caries in a population is not inversely related to the concentration of fluoride in enamel, and a higher concentration of enamel fluoride is not necessarily more efficacious in preventing dental caries.” SOURCE: CDC. 2001. Recommendations for using fluoride to prevent and control dental caries in the United States (http://fluoridealert.org/wp-content/uploads/cdc.mmwr._august.17.2001.pdf). Mortality and Morbidity Weekly Review 50(RR14): 1-42.

In short, people can have perfect teeth without consuming fluoridated water or any other fluoride product. As with teeth, no other tissue or cellular process (http://www.fluoridealert.org/articles/fluoride-biochemistry/) requires fluoride. Accordingly, it is now accepted that fluoride is not an essential nutrient.

EXCERPTS FROM THE SCIENTIFIC LITERATURE:

“Safe, responsible, and sustainable use of fluorides is dependent on decision makers (whether they be politicians or parents) having a firm grasp on three key principles: (i) fluorine is not so much ‘essential’ as it is ‘everywhere,’ (ii) recent human activities have significantly increased fluorine exposures to the biosphere, and (iii) fluorine has biogeochemical effects beyond bones and teeth.” SOURCE: Finkelman RB, et al. 2011. Medical geology issues in North America (http://fluoridealert.org/wp-content/uploads/finkelman-2011.pdf) in O. Selinus, et al. (eds). Medical Geology. Springer Publishing.

“Fluoride is not essential for human growth and development.”

RELATED VIDEOS:

SOURCE: European Commission. 2011. Critical review of any new evidence on the hazard profile, health effects, and human exposure to fluoride and the fluoridating agents of drinking water. [Scientific Committee on Health and Environmental Risks \(SCHER\)](http://fluoridealert.org/wp-content/uploads/eu.scher_may-2011.pdf) (http://fluoridealert.org/wp-content/uploads/eu.scher_may-2011.pdf), page 4.

“Fluoride is not in any natural human metabolic pathway.”

SOURCE: Cheng KK, et al. 2007. [Adding fluoride to water supplies](http://www.fluoridealert.org/wp-content/uploads/cheng-2007.pdf) (<http://www.fluoridealert.org/wp-content/uploads/cheng-2007.pdf>). British Medical Journal 335:699-702.

“[F]luoride is no longer considered an essential factor for human growth and development...”

SOURCE: National Research Council. 1993. [Health Effects of Ingested Fluoride](http://fluoridealert.org/wp-content/uploads/nrc-fluoride-report.1993.pdf) (<http://fluoridealert.org/wp-content/uploads/nrc-fluoride-report.1993.pdf>). National Academy Press, Washington DC. p. 30.

“These contradictory results do not justify a classification of fluorine as an essential element, according to accepted standards.”

SOURCE: National Academy of Sciences. 1989. [Recommended Dietary Allowances: 10th Edition](http://fluoridealert.org/wp-content/uploads/nrc-recommended-dietary.1989.pdf) (<http://fluoridealert.org/wp-content/uploads/nrc-recommended-dietary.1989.pdf>). Commission on Life Sciences, National Research Council, National Academy Press. p. 235.

STATEMENTS FROM U.S. GOVERNMENT AGENCIES:

“In summary, FDA does not list fluorine as an essential nutrient.”

SOURCE: Food & Drug Administration, October 1990. [See letter (<http://www.fluoridealert.org/uploads/fda-1990.pdf>)]

“The United States Public Health Service does not say that sodium fluoride is an essential mineral nutrient.”

SOURCE: U.S. Public Health Service, May 10, 1966. [See letter (<http://www.fluoridealert.org/uploads/phs-1966.pdf>)]

“Sodium fluoride used for therapeutic effect would be a drug, not a mineral nutrient. Fluoride has not been determined essential to human health. A minimum daily requirement for sodium fluoride has not been established.”

SOURCE: Food & Drug Administration, August 15, 1963. [See letter (<http://www.fluoridealert.org/uploads/fda-1963.pdf>)]



Crippling Waters

(<https://fluoridealert.org/fan-tv/crippling-waters/>)



Professional Perspectives on Water Fluoridation

(<https://fluoridealert.org/fan-tv/prof-perspectives/>)



Don't Swallow Your Toothpaste

(<https://fluoridealert.org/fan-tv/dont-swallow-your-toothpaste/>)

RELATED ARTICLES:

Risk Factors for Fluoride Toxicity in the Black Community

There are several risk factors for fluoride toxicity that are occur at elevated rates in the black community. These risk factors include: Reduced nutrient intake; Higher levels of lead exposure; Higher prevalence of health conditions that render the body more vulnerable to fluoride intake; and Higher intakes of fluoride.

(<https://fluoridealert.org/articles/ej-considerations/>)

Fluoride: “No Convincing Effect” on Permanent Teeth

A team of European researchers have put fluoride to the test – and fluoride (devoid of anecdotal ‘evidence’ from enthusiastic dentists) appears to have flunked.

(<https://fluoridealert.org/articles/science-watch21/>)

RELATED STUDIES:

Nutrient Deficiencies Enhance Fluoride Toxicity

It has been known since the 1930s that poor nutrition enhances the toxicity of fluoride. As discussed below, nutrient deficiencies have been specifically linked to increased susceptibility to fluoride-induced tooth damage (dental fluorosis), bone damage (osteomalacia), neurotoxicity (reduced intelligence), and mutagenicity. The nutrients of primary importance appear to be calcium,

(<https://fluoridealert.org/studies/nutrition/>)

THE INSTITUTE OF MEDICINE REPORT (1997)

Some commentators have cited a 1997 report from the Institute of Medicine (IOM) as demonstrating that fluoride is an essential nutrient. The IOM report, however, does not do so — a fact confirmed by both the President of the Institute of Medicine (Kenneth Shine), as well as the President of the National Academy of Sciences (Bruce Alberts). In a jointly authored [letter](http://www.fluoridealert.org/content/iom_nas_1998/) (http://www.fluoridealert.org/content/iom_nas_1998/) on November 18, 1998, Alberts and Shine unequivocally stated:

“Nowhere in the report is it stated that fluoride is an essential nutrient. If any speaker or panel member at the September 23rd workshop referred to fluoride as such, they misspoke. As was stated in Recommended Dietary Allowances 10th Edition, which we published in 1989: ‘These contradictory results do not justify a classification of fluoride as an essential element, according to accepted standards.’”
[See [letter](http://www.fluoridealert.org/content/iom_nas_1998/) (http://www.fluoridealert.org/content/iom_nas_1998/)]

Tags: [Nutritional Status](https://fluoridealert.org/tag/nutritional-status-2/) (<https://fluoridealert.org/tag/nutritional-status-2/>), [topical/systemic](https://fluoridealert.org/tag/topicalsystemic/) (<https://fluoridealert.org/tag/topicalsystemic/>).

Fluoride & Rickets

One of fluoride's most well-defined effects on bone tissue is its ability to increase the osteoid (unmineralized bone) content of bone. When bones have too much osteoid, they become soft and prone to fracture -- a condition known as osteomalacia. When osteomalacia develops during childhood, it is called "rickets." The potential for fluoride (<https://fluoridealert.org/studies/osteoid03/>)

Fluoride & Oxidative Stress

A vast body of research demonstrates that fluoride exposure increases oxidative stress. Based on this research, it is believed that fluoride-induced oxidative stress is a key mechanism underlying the various toxic effects associated with fluoride exposure. It is also well established that fluoride's toxic effects can be ameliorated by exposure (<https://fluoridealert.org/studies/oxidative-stress/>)

RELATED MISCELLANEOUS CONTENT:

Email Exchange with FDA re: Fluoride Supplements

Email exchange regarding FDA's reasons for not approving fluoride supplements.

(<https://fluoridealert.org/content/fda-emails/>)

Harvard's Statement on Chester Douglass/ Scientific Misconduct

Statement Concerning the Outcome of the Review into Allegations of Research Misconduct Involving Fluoride Research BOSTON-August 15, 2006-The Harvard Medical School and School of Dental Medicine (HSDM) review of Chester Douglass, DMD, PhD, professor of oral health policy and epidemiology at HSDM, has concluded that Douglass did not intentionally omit, misrepresent,

(<https://fluoridealert.org/content/harvard-statement/>)

The 'Altered Recommendations' of the 1983 Surgeon General's Panel

"We believe that EPA staff and managers should be called to testify, along with members of the 1983 Surgeon Generals panel and officials of the Department of Human Services, to explain how the original recommendations of the Surgeon Generals panel were altered to allow EPA to set otherwise unjustifiable drinking water standards for fluoride."

(<https://fluoridealert.org/content/surgeon-general/>)

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