

Fluoride and Children



Photo: www.fluoridealert.org

Fluoridated drinking water contains up to 200 times more fluoride than breast milk (1000 ppb in fluoridated tap water vs 5-10 ppb in breast milk).

“Consider using non-fluoridated, bottled water for drinking, cooking and mixing frozen fruit juices.”

“Where baby formula is used, non-fluoridated water should be used for mixing.” Letter from Ontario Ministry of Health to Medical Officers of Health

“When formula concentrations need to be diluted, it is recommended parents use low fluoride bottled distilled water (labeled as "purified" or "distilled baby water") or tap water with a reverse osmosis home water filtration system attached that removes most of the

fluoride.” Academy of General Dentistry. "Monitor Infant's Fluoride Intake."

"If using a product that needs to be reconstituted, parents and caregivers should consider using water that has no or low levels of fluoride." November 2006, the ADA [American Dental Association]

“In Canada, actual intakes [of fluoride] are larger than recommended intakes for formula-fed infants and those living in fluoridated communities. Efforts are required to reduce intakes among the most vulnerable age group, children aged 7 months to 4 years” Dr. David Locker 1999 Benefits and Risks of Water Fluoridation : An Update of the 1996 Federal-Provincial Sub-committee Report Prepared under contract for :Public Health Branch, Ontario Ministry of Health First Nations and Inuit Health Branch, Health Canada

"A major effort should be made to avoid use of fluoridated water for dilution of formula powders." Ekstrand J. (1996). Fluoride Intake. In: Fejerskov O, Ekstrand J, Burt B, Eds. Fluoride in Dentistry, 2nd Edition. Munksgaard, Denmark. Pages 40-52.

"[I]nfant formulas reconstituted with higher fluoride water can provide 100 to 200 times more fluoride than breastmilk, or cows milk." Levy SM, Guha-Chowdhury N. (1999). Total fluoride intake and implications for dietary fluoride supplementation. Journal of Public Health Dentistry 59: 211-23.

"[P]arents of children using powdered infant formula should be warned by their medical practitioners to use unfluoridated or defluoridated water to reconstitute the formula."

Diesendorf M, Diesendorf A. (1997). Suppression by medical journals of a warning about overdosing formula-fed infants with fluoride. Accountability in Research 5:225-237.

"Our analysis shows that babies who are exclusively formula fed face the highest risk; in Boston, for example, more than 60 percent of the exclusively formula fed babies exceed the safe dose of fluoride on any given day." Environmental Working Group, "EWG Analysis of Government Data Finds Babies Over-Exposed to Fluoride in Most Major U.S. Cities", March 22, 2006.

"[M]ore than 50 percent of infants are currently formula fed by 1 month of age, and these infants are likely to be continuously exposed to high intakes of fluoride for 9 or 10 months - a circumstance quite rare in the 1960s and early 1970s." Fomon SJ, Ekstrand J. (1999). Fluoride intake by infants. *Journal of Public Health Dentistry* 59(4):229-34.

"[F]luoride exposure, at levels that are experienced by a significant proportion of the population whose drinking water is fluoridated, may have adverse impacts on the developing brain... The findings are provocative and of significant public health concern." Schettler T, et al. (2000). Known and suspected developmental neurotoxicants. pp. 90-92. In: *In Harms Way - Toxic Threats to Child Development*. Greater Boston Physicians for Social Responsibility: Cambridge, MA.

"Infant foods mixed with water pose a special problem... One wonders what a 50-fold increase in the exposure of fluoride, such as occurs in infants bottle-fed with water-diluted preparations, may mean for the development of the brain and other organs... There is reason to be aware of the possibility that fluoride may affect the somatic and mental development of the child." Carlsson A. (1978). Current problems relating to the pharmacology and toxicology of fluorides. *Lakartidningen* 25: 1388-1392.

"[W]e recommend use of water with relatively low fluoride content (e.g. 0 to 0.3 ppm) as a diluent for infant formulas..." Fomon SJ, Ekstrand J, Ziegler EE. (2000). Fluoride intake and prevalence of dental fluorosis: trends in fluoride intake with special attention to infants. *Journal of Public Health Dentistry* 60: 131-9.

"When infants are formula-fed, parents should be advised to reconstitute or dilute infant formula with deionized water (reverse osmosis, distilled, or low-fluoride bottled water) in order to reduce the amount of systemically ingested fluoride." Brothwell D, Limeback H. (2003). Breastfeeding is protective against dental fluorosis in a nonfluoridated rural area of Ontario, Canada. *Journal of Human Lactation* 19: 386-90.

"infant formulas should still be prepared using non-fluoridated water." Clarkson JJ, McLoughlin J. (2000). Role of fluoride in oral health promotion. *International Dental Journal* 50:119-28.

"it is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion." Dr. Hardy Limeback, Head of Preventive Dentistry, University of Toronto. (2000). *Why I am now Officially Opposed to Adding Fluoride to Drinking Water*.