

**“Optimally” Fluoridated Water
Delivers Contraindicated Doses
Every Single Day
to the Most Vulnerable**

**(Fetuses, Infants and Young Children, Especially in
Low Income Families
that Cannot Afford Unfluoridated Water)**

and

**Statements from Health Canada that contradict the
agency’s support for fluoridation of
municipal water**

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Health Canada on Fluoride

*“Health Canada does **not** consider fluoride as an essential nutrient.”*

http://www.oag-bvg.gc.ca/internet/English/pet_221_e_30308.html

*“Fluoride supplements... **Only** take them if an oral health professional advises you to.”*

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/environment/fluorides-human-health.html#s3>

The fluoride doses received by children from drinking fluoridated water are similar to doses in oral supplements

http://www.oag-bvg.gc.ca/internet/English/pet_299C_e_35212.html

Statements from Health Canada on Fluoride

*“The action of fluoride is **topical**.”*

*“**No fluoride** should be given before the teeth have erupted.”*

*“Supplemental fluoride should be given **only after 6 months of age and only in the following conditions...**”*

*“Supplemental fluoride should be in mouthwash, lozenges or drops diluted in water and **sprayed on the teeth**.”*

<https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/health-care-services/nursing/clinical-practice-guidelines-nurses-primary-care/pediatric-adolescent-care/chapter-7-nutrition.html>

Health Canada on Fluoride

*Young children tend to swallow toothpaste → **increased risk of dental fluorosis***

*Up to 3 years of age: brush with **rice sized grain** of fluoride toothpaste twice per day **only if** the child is at risk of developing cavities; if not at risk brush with water*

*3 - 6 years: help children brush their teeth with a **pea-sized bit** of fluoride toothpaste*

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/envIRON/fluor-eng.php>

Health Canada on Fluoride

Toothpastes with fluoride are **drugs** since fluoride prevents caries; toothpastes without fluoride are cosmetics...
<https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/industry-professionals/labelling-cosmetics.html>

Required warning on fluoride toothpaste:

“Keep out of reach of children under 6 years of age. If a quantity greater than the dose used for brushing is accidentally swallowed, get medical help or contact a Poison Control Centre right away (FDA 1995).”
<http://webprod.hc-sc.gc.ca/nhp/ident/bdipsn/atReg.do?atid=oral.health.sante.bucco.dentaire>

CDC on Children’s Fluoride Exposure from Toothpaste

Children <6 years & especially <2 years have poor control of swallowing reflex → **increased risk for dental fluorosis**

So use **only a pea-sized bit of toothpaste**

Supervise them and **have them spit it out**

One gram of toothpaste has approx. 1 mg of fluoride

A pea-sized bit of toothpaste is approx. 0.25 g toothpaste (and therefore contains approx. 0.25 mg fluoride)

<https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>

Health Canada on Dental Fluorosis:
Caused by Fluoride Overexposure

“a permanent hypomineralization of tooth enamel due to fluoride-induced disruption of tooth development... in people with high exposure... occurs only when exposure to fluorides happens during tooth formation”



- Guidelines for Canadian Drinking Water Quality Technical Document Fluoride, 2010:
<https://www.canada.ca/en/health-canada/services/publications/healthy-living/guidelines-canadian-drinking-water-quality-guideline-technical-document-fluoride/page-3-guidelines-canadian-drinking-water-quality-guideline-technical-document-fluoride.html#a101>

Public Health attitude: “Not an adverse effect”;
publish fraudulent, misleading reports that hide actual prevalence

FDA & Health Canada
Require Warnings on Fluoride Toothpaste



Canadian Dental Association

*“... use of fluoridated toothpaste in this age group is determined by the level of risk. Parents should consult a health professional to determine whether a **child up to 3 years of age** is at risk of developing tooth decay. **If such a risk exists, the child’s teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice...)** of fluoridated toothpaste.*

Children from 3 to 6 years of age should be assisted by an adult in brushing their teeth. Only a small amount (a portion the size of a green pea...) of fluoridated toothpaste should be used.”

https://www.cda-adc.ca/_files/position_statements/fluoride.pdf

Problem: Fluoridated Water

In fluoridated water with 0.70 mg fluoride per litre (aka 0.7 ppm)...

...each 350 ml, or 0.35 litre, of water contains:

$0.35\text{ L} \times 0.70\text{ mg/L} = \mathbf{0.245\text{ mg fluoride}}$...

...the same **dose** found in a pea-sized bit of F toothpaste that everyone agrees must be **spit out** by young children due to **increased risk of dental fluorosis**... and **call poison control** if they swallow **>0.25 mg**

Does this make sense to you?

	
Pea-sized dab of toothpaste	One glass of 0.7ppm water
0.25mg of fluoride	0.25mg of fluoride
Monitor children! Make sure they SPIT IT OUT!	No Risk. SWALLOW REPEATEDLY!

**Consumed
Daily, Year after
Year, No
Warnings
Provided to the
Public**