

What Determines Fluoride Toxicity?2

Some individuals ingest 10 times more water than the average. If you ingest 10 times more water, you ingest 10 times more fluoride.

Those with impaired kidney function retain more fluoride.

Young children ingest more fluoride by body weight.

Insufficient nutrient (e.g., calcium, magnesium, iodine).

Prolonged, low-level exposure. (Bronckers et al 2009)

Case Study: 3 kg baby

5 mg is known toxic dose of F per kg body weight

15 mg F is the acute dose for a 3 kg baby

**3 kg baby ingests ~1 mg F from 1 litre of infant formula per day
(0.7mg per litre water + 0.3 mg in formula)**

NRC Review 2006 reported injury to thyroid at 0.01 mg/kg/day when iodine was deficient.

The baby's daily dose of F=0.3 mg/kg (1 mg/L F in infant formula/3 kg) is 10 times higher than reported injury to thyroid. Isn't this risky?

A 3 kg baby will ingest this acute dose in 15 days. Isn't this risky?

Michael Jackson's doctor did not prescribe 3-10 times the dose known to cause harm did he?

What do we know for certain?

Fluoride overdosing can cause serious health harm and death.

No government agency is monitoring our total fluoride intake, as recommended by the World Health Organization.

Doctors in North America are not trained to diagnose or treat fluorosis diseases.