Swallowing controlled doses of pharmaceutical grade fluoride **NOT RECOMMENDED** by Health Canada.

Swallowing uncontrolled doses of hazardous waste grade fluoride **RECOMMENDED** by Health Canada.

"Health Canada does not recommend the use of fluoride supplements (drops or tablets). This guideline is consistent with recommendations made by Health Canada’s First Nations and Inuit Health Branch (FNIHB) and the Canadian Association of Public Health Dentistry (CAPHD)." [http://www.hc-sc.gc.ca/iyh-vsv/environ/fluor_e.html](http://www.hc-sc.gc.ca/iyh-vsv/environ/fluor_e.html)

"Health Canada does not consider fluoride as an essential nutrient."

If it is not essential ... Why put it in drinking water?

Don't Swallow! Swallow!

0.25mg Pharmaceutical Grade Fluoride Not Recommended 0.25mg Industrial Grade Fluoride Recommended