

Swallowing Fluoride Does Not Prevent Cavities

Fluoride Does Not Work By Swallowing: US Centers for Disease Control (US CDC)

- "Fluoride's predominant effect is **posteruptive and topical**." 2001
- "Its actions primarily are **topical for both adults and children**." 1999

US CDC claims on their website that fluoride works by swallowing but use as their evidence 5 studies discussing high concentration fluorides ("topical") used only on the surface of teeth – not swallowed. Here are the 5 studies mentioned on their website:

<http://www2.nidcr.nih.gov/sgr/sgrohweb/chap7.htm>

1. Bratthall D, et. al. Reasons for the caries decline: what do the experts believe? Eur J Oral Sci 1996;104:416-22.
2. Horowitz HS, et al. **Topical fluorides** in caries prevention. In:Fejerskov O, et al., editors. Fluoride in dentistry. 2nd ed. Copenhagen:Munksgaard;1996.Chapter 17.
3. Johnston DW. Current status of **professionally applied topical fluorides**. Community Dent Oral Epidemiol 1994 Jun;22.
4. Ripa LW. An evaluation of the use of **professional (operator-applied) topical** fluorides. J Dent Res 1990 Feb;69(S):786-96).
5. Stookey GK, et al. **Topical fluoride therapy**. In:Harris NO, et al., editors. Primary preventive dentistry. 4th ed. Norwalk (CT):Appleton & Lange; 1995.

Fluoride concentration in drinking water is **TOO LOW**

"Saliva is a major carrier of topical fluoride. The concentration of fluoride in ductal saliva, as it is secreted from salivary glands, is low...approximately **0.016 parts per million** in areas where drinking water is **fluoridated** and 0.006ppm in **non-fluoridated** areas.

This concentration of fluoride is not likely to affect cariogenic activity." *Centers for Disease Control and Prevention, August 17, 2001. Recommendations for using fluoride to prevent and control dental caries in the United States. Fluoride Recommendations Work group. MMWR 50 (RR14); 1-42.*

Fluoride concentration in toothpaste (500-1,500ppm) is **TOO LOW – 5,000ppm** now recommended

(IADR (Featherstone) 2008, ten Cate et al 2008, Ekstrand et al 2008)

Fluoride concentrations in toothpaste are 2-10,000 times higher than in water

Fluoride concentration in water (0.5-0.7ppm) is **TOO LOW to prevent cavities "topically"**