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


**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”**