

FLUORIDE WARNING FOR INFANTS LEGISLATION OVERVIEW

In each pea-sized serving of toothpaste there is a quarter of a milligram of pharmaceutical-grade fluoride. It may not sound like a lot, but since 1997 the United States Food and Drug Administration (FDA) has required that all toothpastes sold in the U.S. carry a poison warning on the label to prevent children from swallowing even this small amount of fluoride. The warning cautions users to:

WARNING: Keep out of the reach of children under 6 years of age. If you accidentally swallow more than used for brushing, get medical help or contact a Poison Control Center right away.

But fluoride isn't found only in toothpaste, it's also in our drinking water. In communities with fluoridated water, each 8oz. glass contains a quarter of a milligram of industrial-grade fluoride, **the same amount found in the serving of toothpaste that the FDA warns should not be swallowed by children.** Surprisingly, when fluoride is added to drinking water it is no longer regulated by the FDA, but is instead considered a toxic contaminant by the EPA, so the same warning label is not required for tap water even though the **same amount of fluoride is being consumed.**

The lack of a warning is concerning because parents are using fluoridated tap water to reconstitute baby formula, and fluoridated drinking water contains up to **250 times more fluoride than breast milk** (1000 ppb in fluoridated tap water vs. 5-10 ppb in breast milk). This means that babies consuming formula made with fluoridated tap water are exposed to much higher levels of fluoride than a breast-fed infant. A baby drinking fluoridated formula **receives the highest dosage of fluoride among all age groups in the population** whereas a breast-fed infant receives the lowest, and few scientists dispute the concept that a healthy mother's milk has the optimal nutrient composition for infants. The American Academy of Pediatrics clearly states:

"Exclusive breastfeeding is the reference or normative model against which all alternative feeding methods must be measured with regard to growth, health, development, and all other short- and long-term outcomes."

As a result, 32% of American children have dental fluorosis according to a 2006 report by the Centers for Disease Control. Dental fluorosis is the browning and mottling of teeth, and is a clear sign that a child's bone and tissue have been overexposed to fluoride. Dental fluorosis is not the only risk from early-life exposure to fluoride. A recent review in The Lancet describes fluoride as "an emerging neurotoxic substance" that may damage the developing brain. The National Research Council has identified fluoride as an "endocrine disrupter" that may impair thyroid function, while recent research from Harvard University has found a possible connection between fluoride and bone cancer.

Because of the risk for dental fluorosis, and the lack of demonstrable benefit from ingesting fluoride before teeth erupt, the American Dental Association, the CDC, and a growing number of dental researchers - recommend that **children under 12 months of age should not consume fluoridated water.** But while dentists and doctors have been warned, little has been done to warn parents and public health officials. **IT'S TIME WE WARN PARENTS AND PROTECT OUR MOST VULNERABLE CITIZENS, OUR CHILDREN!**

The Fluoride Warning for Infants legislation would require that all drinking water systems place the following warning on all billing statements if they choose to add fluoride into the public water supply: **"Your public water supply is fluoridated. Fluoridated water should not be used or added to infant formula, foods, or drinks intended for babies 12 months of age or younger in order to avoid dental fluorosis."**

Please join the Fluoride Action Network in supporting this important legislation. All children deserve to be protected.



Fluoride Action Network – 82 Judson Street – Canton, NY 13617
Tel 802-338-5577 - info@fluoridealert.org - www.fluoridealert.org

STATEMENTS ON INFANT EXPOSURE TO FLUORIDE



"... Infants less than one year old may be getting more than the optimal amount of fluoride (which may increase their risk of enamel fluorosis) if their primary source of nutrition is powdered or liquid concentrate infant formula mixed with water containing fluoride... If using a product that needs to be reconstituted, parents and caregivers should consider using water that has no or low levels of fluoride."

-American Dental Association. 2009. Interim Guidance on Reconstituted Infant Formula.



"...mixing powdered or liquid infant formula concentrate with fluoridated water on a regular basis for infants primarily fed in this way may increase the chance of a child's developing enamel fluorosis,"

- Centers for Disease Control. Feb 2010 Report, Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals.



"...the committee concluded unanimously that the present [allowable level] for fluoride should be lowered. Exposure at the [allowable level] clearly puts children at risk of developing severe enamel fluorosis,"

-National Research Council. 2006. "Fluoride in Drinking Water"



"Babies should not receive fluoride supplementation during the first six months of life, whether they are breastfed or formula-fed."

-American Academy of Pediatrics. 2009. "Caring for your Baby and Young Child"



"If you add fluoridated water to your infant's baby formula, you may be putting your child at risk of developing dental fluorosis...in infants and children regular fluoride intake above optimal amounts causes fluorosis in developing teeth...When formula concentrations need to be diluted, it is recommended that parents use bottled water that is fluoride-free..."

-Academy of General Dentistry. 2007. "Monitor Infant's Fluoride Intake"



"All of [our analyses] were consistent in finding an association between fluoride levels in drinking water and an increased risk of osteosarcoma for males diagnosed before age 20..."

- Bassin EB, Wypij D, Davis RB, Mittleman MA. 2006. Age-specific fluoride exposure in drinking water and osteosarcoma (United States). Cancer Causes and Control 17(4). May.



"Our analysis shows that babies who are exclusively formula fed face the highest risk; in Boston, for example, more than 60 percent of the exclusively formula fed babies exceed the safe dose of fluoride on any given day."

-Environmental Working Group, "EWG Analysis of Government Data Finds Babies Over-Exposed to Fluoride in Most Major U.S. Cities", March 22, 2006.



In November 2006, the respected medical journal The Lancet described fluoride as an "emerging neurotoxic substance" due to evidence linking fluoride to lower IQs in children, and brain damage in animals.

-Grandjean P and Landrigan P. 2006. Developmental neurotoxicity of industrial chemicals. The Lancet 368(9553):2167-78. December 6



"[F]luoride exposure, at levels that are experienced by a significant proportion of the population whose drinking water is fluoridated, may have adverse impacts on the developing brain... The findings are provocative and of significant public health concern."

-Schettler T, et al. (2000). Known and suspected developmental neurotoxicants. pp. 90-92. In: In Harms Way - Toxic Threats to Child Development. Greater Boston Physicians for Social Responsibility: Cambridge, MA