Fluoride

by Vivianne Bradshaw

Fluoride is a binary compound of fluorine (i.e. fluorine and something else such as calcium fluoride, sodium fluoride, aluminium fluoride).

Fluorine is a poisonous pale yellow gaseous element and the most reactive element known.

Anything fluorinated has fluorine introduced to it to form a compound.

Anything fluoridated has a fluoride added to it (e.g. drinking water).

Fluoridation is an unethical, unsubstantiated politico-economic programme for the adding of fluorides to such things as water, baby milk, salt, foods, toothpaste, dental materials etc.

The fluoride(s) used for fluoridation is industrial waste produced by several major international industries and have long-standing use as rat poison and pesticide.

The difference between naturally occurring fluoride and toxic fluorides produced by industrial processes, must be clearly understood before pro- or anti-fluoride opinions can be formed. Fluorine when combined with calcium is a naturally occurring calcium fluoride. Calcium is an antidote to fluoride and calcium fluoride is virtually insoluble so little is available for absorption in the body. Natural fluoride occurs in water and some plants such as tea. Trace elements are those which the body needs in trace amounts for optimum function and are found naturally in sources of foods and liquids. So, in nature, we are talking about calcium fluoride being a source of the trace element fluorine which is necessary for normal function. The trace element of fluorine is held in check in its calcium combination. In this article 'fluoride' and 'fluorides' refer to toxic industrial waste, unless stated differently.

Industrially produced fluorides, which contain many other toxic substances such as arsenic, beryllium, mercury, lead (NPWA), are general protoplasmic (cellular) poisons and disrupt proteins, enzymes, cell membrane lipids, DNA, and connective tissue. At only one part per million (ppm), it has detrimental effects on the brain, nervous system, thyroid gland, musculo-skeletal and cardio-vascular systems - in fact every system where there are cells! Fluoride poisoning can cause cardiac arrest. Fluoride is also antagonistic to magnesium which is necessary for proper heart function. Fluorides adversely affect kidney function, reproductive function and cause genetic mutations. They prevent the bones releasing calcium for the acid/alkaline buffer system which is vitally important in order to keep the blood at the correct pH. Fluorides unravel protein strands (breaks the hydrogen bond) which interferes with enzyme production. The many industrially produced fluorides include sodium fluoride, silicofluorides (also known as hexafluorsilicic acid), lead fluoride and aluminium fluoride (which readily penetrates the blood-brain barrier).

Amongst other things, research has documented fluoride causing negative changes in the pituitary gland, chromosomes and intelligence levels.

There is a rise in Down's syndrome babies born to younger mothers, a rise in cancers in young men and lymphomas which are attributed to fluoride. Since 1990, the National Cancer Institute, the New Jersey Department of Health, and the Safe Water Foundation all found that the incidence of osteosarcoma (a type of bone cancer) was substantially higher in young men exposed to fluoridated water as compared to those who were not. A study by a major toothpaste manufacturer showed that as little as half the amount of fluoride used to fluoridate public water supplies resulted in a sizeable and significant increase in genetic damage.

Fluorine is the most reactive element known but it has yet to be documented what effect fluoride has in combination with other toxins such as mercury and other dental materials, drugs, vaccines, pesticides and the numerous toxic chemicals put into our food and into our drinking water. However, the detrimental toxic combination of fluoride and lead and fluoride and aluminium have been documented.

Fluoride (industrial toxic waste material) is implicated in Autism amongst many other conditions. Great improvements are being reported in children's conditions after fluorides were eliminated from the diet. Toxic fluorides are also highly implicated in Alzheimer's disease, Down Syndrome and thyroid dysfunction. It is reported that one study showed an increase of 18% in observed thyroid cancers in the fluoridated areas when compared to non-fluoridated areas. Internet sources of information claim that newspaper articles from China report entire villages being re-located due to fluoride contamination and where fluoride is being openly acknowledged as the cause of thyroid cancer and iodine deficiency. This ties at least one aspect of autism to thyroid function and fluoride damage. The same source reports that Schuld also associated fluoride levels to slipped epiphysis (hip problems) in children which he considered another obvious sign showing the anti-thyroid activity of fluoride. He explained how hyperthyroidism caused by adding iodine to public water supplies in the early 1920s led to the use of fluorides as anti-thyroid medication. He explained the biochemical activity of fluoride as a mimic of TSH (thyroid-stimulating-hormone) on G protein activation, molecular on/off switches by which all thyroid hormone activity is regulated. "Fluorides are the worst endocrine disrupter imaginable", he said. "What was once known as the fluoride-iodine antagonism can now be explained in detail by thousands of papers showing the fluoride power on G protein activation."

There are other minerals to which fluorides are antagonistic, calcium and magnesium being two. It must also be remembered that where fluoride(s) is mentioned in this article, naturally occurring, almost insoluble, calcium fluoride is not referred to but industrial waste fluorides which are readily soluble, with the aid of toxic metals pass the blood-brain and placental barriers, especially in association with aluminium, and cause protein disruptions and hence enzyme disruptions.

The correction of thyroid function is to identify the cause of malfunction and reverse the situation. As with most conditions, the states of toxicity, dehydration and nutritional deficiencies must be addressed and any emotional aspects must be dealt with.

Where amalgam fillings have been replaced because hypo thyroid function has been considered as an aspect of mercury poisoning which, indeed, it is, the composition of white replacement fillings must be identified and detoxification carried out for any material containing fluoride. Where glass-ionomers have been used, it is vitally important that no further fluoride is introduced to the mouth, such as in toothpaste, mouthwashes, etc. because these will refill the 'pump' inherent in glass-ionomer manufacture and dispense further supplies of fluoride. Every source of heavy metals and fluoride should be identified and eliminated along with other toxins.

Dr. John Yiamouyiannis estimates that 30,000 - 50,000 people die from fluoride poisoning each year. In his book, “Fluoride: The Ageing Factor,” he lists studies describing fluoride's negative effects on the immune system. Many studies have found that people living in fluoridated areas had a decreased migration rate of white blood cells. Other studies describe genetic and chromosomal damage to animals drinking fluoridated water. He warns, "Before any disease is even noticeable, the acceleration of the ageing process by fluoride is already occurring at the biochemical level, by means of enzyme inhibition, collagen breakdown, genetic damage and/or disruption of the immune system."

Like mercury, fluoride causes severe and long term damage. For those wishing to replace amalgam fillings, recover from ill health, or prevent ill health, there are one or two white filling materials which do not contain fluoride or the products which break down to the synthetic oestrogen-like compounds (BisGMA). There is no substitute for tooth and all filling materials have detrimental ingredients of one sort or another. It is a case of choosing the best available at the time you make your choice. Dental materials are changing constantly and you cannot presume that because one brand of filling material does not contain fluoride today, it will not contain it sometime in the future. You will have to do some research of filling materials at the relevant time - (see Mercury Poisoning from Amalgam Fillings article. Autumn 2003)

Fluoride is excreted in the urine and sweat. It is estimated that the 'average' person can clear up to 3 mg/day of fluoride in this way. However, bear in mind that those who are mercury toxic do not have the ability to detoxify the way non-mercury toxic people do and that fluoride itself impairs kidney function. Many municipal water supplies are treated with both alum (aluminium sulphate) and a fluoride. These two chemicals combine with each other easily in the blood to form aluminium fluoride. Although elemental aluminium can not pass the blood-brain barrier, some compounds such as aluminium fluoride do. Aluminium fluoride is very poorly excreted in the urine and is poisonous to the kidneys. Aluminium salts (along with mercury) in the brain are well associated with Alzheimer's Disease and other forms of dementia. The presence of fluoride enhances the bioavailability of aluminium allowing passage across the blood-brain barrier. Fluorine is readily absorbed in body tissues and concentrates in the same tissues where calcium is found in the largest amounts; especially the bones and teeth. The bones may get thicker but they become more brittle and/or develop bone spurs. It has been assessed that teeth filled with material containing fluoride rot from within and many who have had early white replacements for amalgam fillings have lost teeth as a result. This may be because of tissue destruction caused by fluoride and/or shrinkage of filling material, the damage caused by the high-speed drill, or a combination of all.

Despite the massive spin over fluoride to promote it as beneficial instead of highly toxic, many in the scientific realm are making known their concerns. The spin doctors are from industry and work through government to disseminate 'education' through the medical and dental professions. Even encyclopaedia articles are those sanctioned by the spin doctors and if you do not think that could be so, find the articles on vaccination in a well-known encyclopaedia by Professor Creighton. This pro-vaccine gentleman was asked to do an article on vaccination for the encyclopaedia and did his job thoroughly. He wrote a truthful article which, after his research, could not be termed pro-vaccine and that edition of the encyclopaedia is no longer available (collector’s edition). The next article on vaccination conformed to the spin of the powers that be and is still available. Vaccination is not fluoridation but the principle is the same. As with vaccinations, only the pro-fluoride articles will be found in the popular encyclopaedias and promoted in the media without the distinction of fluoride types being made.

Only because of the confusion and lack of knowledge about the types of fluorides, has the public been unable to make informed choices about feeding drinks, foods and toothpastes etc. to their families. How many mothers would give fluoridated toothpaste to their little ones knowing that there is enough fluoride in a family sized tube of toothpaste to kill a small child? How many people would have willingly had a constant release of fluoride (from their nice white replacement fillings)

into their mouths had they have known that it was toxic industrial waste? If after understanding the differences and physiological effects of toxins, some choose fluoride products, that is their prerogative. It is not right that we are forced to choose by default because of lack of knowledge and even worse, misinformation. The case for fluoridation of public water supplies will not stand up in court, as more than one health authority has found out. Several European countries have reversed their policy on fluoridation and discontinued the practice.

Please do not misunderstand my position regarding government or orthodox medicine. I am not against either but I am for information and freedom of choice. I do not belong to those who have an interest in finger-pointing or criticism but it is necessary to state fact, without reservation, in order to be able to make informed choices. That is the only motivation for much written in Informed Choice Health Course.

Below is a list of quotes from credible sources which will hopefully awaken people from the slumber of mis-placed trust into which society so easily slips.

I have commented on the quotes below, in this different font, and use them as a typical example of confusion surrounding naturally occurring fluoride and industrial waste fluorides.

The quotes are referring to toxic industrial waste fluorides but a typical example of a pro-fluoridation lobby response would quote the physiological actions of natural calcium fluoride. Naturally occurring calcium fluoride, in the amounts fitting for trace elements, does not have detrimental physiological effects and we cannot attribute the qualities in the quotes below to it. They all refer to toxic industrial waste fluorides.

Children under three should never use fluoridated toothpaste. Or drink fluoridated water. And baby formula must never be made up using Toronto tap water. Never. In fluoridated areas, people should never use fluoride supplements. We tried to get them banned for children but (the dentists) wouldn't even look at the evidence we presented". Dr. Hardy Limeback, biochemist and Professor of Dentistry, University of Toronto, former consultant to the Canadian Dental Association.

"What is the matter with your scientists that they allow your government to be so stupid?", October 4, 1998, commenting on the UK government's support for fluoridation. Professor A.K. Susheela (author of over 100 published scientific papers)
"The level of fluoride the government allows the public is based on scientifically fraudulent information and altered reports. People can be harmed simply by drinking water." Dr. Robert Carton, Ph.D, former Environmental Protection Agency Scientist (20 years), Food & Water Journal, Summer 1998

Fluoride is a carcinogen by any standard we use. I believe EPA should act immediately to protect the public, not just on the cancer data, but on the evidence of bone fractures, arthritis, mutagenicity, and other effects."
Dr. William Marcus, Ph.D, Environmental Protection Agency Scientist, Food & Water Journal, Summer 1998

"Dental Fluorosis, no matter how slight is an irreversible pathological condition recognised by authorities around the world as the first readily detectable clinical symptom of previous chronic fluoride poioning. To suggest we should ignore such a sign is as irrational as saying that the blue-black line which appears on the gums due to chronic lead poisoning is of no significance because it doesn't cause any pain or discomfort Dr. Geoffrey Smith, Dental Surgeon, New Scientist, May 5, 1983

"Resolved to its simplest terms, the issue before you is this: Suppose I, as an individual, want to do something to one of you for the sole purpose of helping you and you don't want it done. You are a sane adult. There is no acute emergency. No one else is involved. I have no other ulterior motive. The question then is: 'Which one of us has the right to decide whether I should be permitted to do something to you 'for your own good' but against your will? Do You? Or do I?" Frederick B. Exner, M.D., May 11, 1960

"Fluorides are general protoplasmic poisons, probably because of their capacity to modify the metabolism of cells by changing the permeability of the cell membrane and by inhibiting certain enzyme systems. The exact mechanism of such actions is obscure. The sources of fluorine intoxication are drinking water containing 1 part per million or more of fluorine, fluoride compounds used as insecticidal spays for fruits and vegetables (cryolite and barium fluosilicate) and the mining and conversion of phosphate rock to superphosphate, which is used as fertiliser." Journal of the American Medical Association, Sept 18, 1943, Editorial.
Note: both the integrity of the cell membrane and enzyme function are foundational to health. The mechanism of protein disruption by fluoride is well documented (enzymes are proteins).

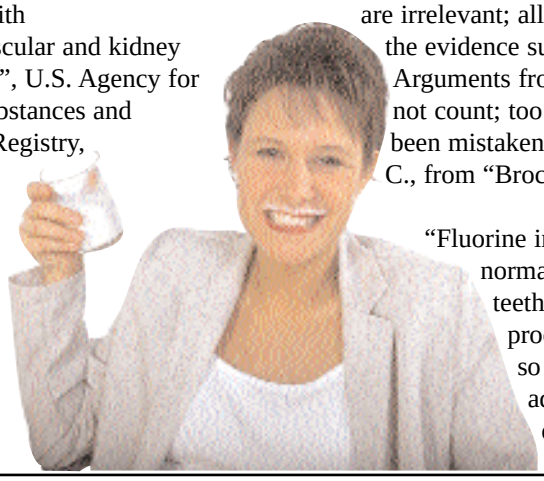
“We do know that the use of drinking water containing as little as 1.2 - 3.0 parts per million of fluorine will cause such developmental disturbances in bones as osteosclerosis, spondylosis and osteopetrosis, as well as goitre, and we cannot afford to run the risk of producing such serious systemic disturbances in applying what is at present a doubtful procedure intended to prevent development of dental disfigurements”... Journal American Dental Association, October 1944, Editorial

"As a toxicologist involved in fluoride research for over ten years, I was stunned by the Calgary Regional Health Authority's glib comments proclaiming

water fluoridation safe. The 'fifty years' of studies about fluoride safety, do not exist. The ‘ongoing intensive research on fluorides and fluoridation', does not exist, certainly none investigating safety” Dr. P. Mullenix, Ph.D., research scientist, 1997 letter to Calgary Councillors.

"Many individuals with impeccable credentials in science, dentistry, and medicine have published incontrovertible evidence that fluoridation is harmful and does not reduce the incidence of dental caries". Dr. A. Schatz, Ph.D., co-discoverer, at age 23, of the first effective treatment against tuberculosis streptomycin 1997 letter to Calgary Councillors.
“[fluoridation] amounts to mass medication to contest a disease which is neither life-threatening nor grossly debilitating. I'd rather not see any more chemicals in the water. We're trying to treat this problem [decay] much like trying to kill a fly with a shotgun”, Dr. Conrad Sonntag, Alberta Dentist, 1992
Note: It is a gross presumption that industrial waste fluorides would play any part in treating tooth decay anyway.

"The highest fluoride content in bone ash was observed in women with severe osteoporosis"
Alhava E.M., et al., The Effect of Drinking Water Fluoridation on the Fluoride Content, Strength and Mineral Density of Human Bone, Acta Orthop. Scand., 51, 1980
“...subsets of the population may be unusually susceptible to the toxic effects of fluoride and its compounds. These populations include the elderly, people with deficiencies of calcium, magnesium, and/or vitamin C, and people with cardiovascular and kidney problems”, U.S. Agency for Toxic Substances and Disease Registry, 1993



"Fluoride is a cumulative poison which accumulates in the skeletal structures, including the teeth, when the body is exposed to small daily intakes of this element. ...it is like lead accumulation in the bone until saturation occurs and then lead poisoning sets in”. Dr. P.H. Phillips, biochemist, University of Wisconsin

“...the evidence is quite convincing that the addition of sodium fluoride to the public water supply at one part per million is extremely deleterious to the human body.... Prior to my hearing this case, I gave the matter of fluoridation little if any, thought but I received quite an education, and noted that the proponents of fluoridation do nothing more than try to impugn the objectivity of those who oppose fluoridation”. Supreme Court Justice
J.P. Flaherty - former Chairman of the Pennsylvania Academy of Sciences - in a 1979 letter to the Mayor of Auckland, N.Z.
Note: If there is no interference with justice, the case against fluoride only has to go to court for it to be settled.

"I am appalled at the prospect of using water as a vehicle for drugs....”
Dr. C.G. Heyd, former President of the American Medical Association

“...When medical practitioners everywhere also recognise the severity of the problems of chronic fluoride toxicosis, and laws mandating truly safe drinking water are sincerely enforced, the health of millions will dramatically improve....”, The late Dr. George L. Waldbott, author of "Fluoridation, the Great Dilemma"

“The character or beliefs of the scientist are irrelevant; all that matters is whether the evidence supports his contention. Arguments from authority simply do not count; too many authorities have been mistaken too often.” Carl Sagan C., from “Broca's Brain”

“Fluorine interferes with the normal calcification of the teeth during the process of their formation so that affected teeth, in addition to being usually discoloured and ugly in appearance, are structurally weak and deteriorate early in life. For this reason, it is especially important that fluorine be avoided during the period of tooth formation, that is, “from birth to the age of 12 years.” Yearbook of Agriculture, 1939
*Note: the period should be **from conception and forever more.*

“Fluoride is a persistent bio-accumulator, and is entering into human food-and-beverage chains in increasing amounts. Careful consideration of all available data indicates that the amount of fluoride ingested daily in foods and beverages by adult humans living in fluoridated communities currently ranges between 3.5 and 5.5 mg. ... Long-term ingestion, with accumulation of fluoride in animals and man, induces metabolic and biochemical changes ... There is no doubt that inadequate nutrition increases the severity of fluoride toxicosis. AND, ...chronic intake of fluoride increases the long-term metabolic requirement for both calcium and magnesium”. Dyson Rose,
John Marier, Environmental Fluoride 1977, National Research Council of Canada (NRCC No. 16081).

“Fluorine is a general protoplasmic poison, but the most important symptoms of chronic fluorine poisoning known at present are mottling of the teeth and interference with bone formation.” DeEds F, Fluorine in Relation to Bone and Tooth Development, JADA, 23, 1936, p574

Note: the symptoms referred to are the generally recognised ones associated with fluoride poisoning - other symptoms are not yet associated with fluoride poisoning but are just as important, if not more so.

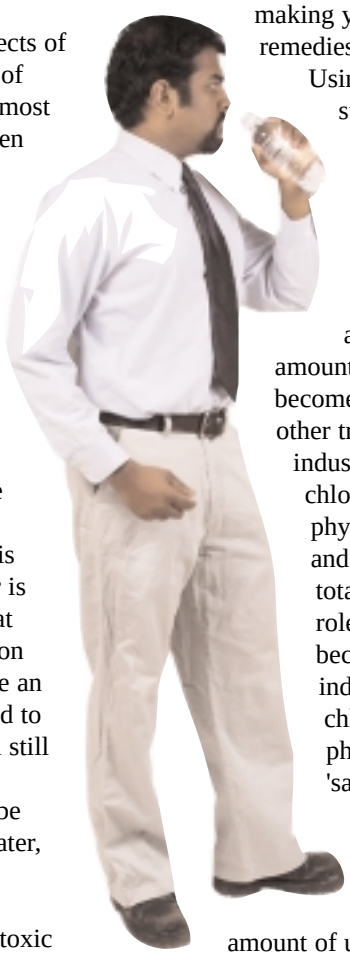
“...no laboratory test has ever shown that 1 part per million fluoride in the drinking water reduces tooth decay”. Chief Dental Officer, British Ministry of Health and Social Security, December 11, 1980.
Note: One of many studies which showed that greater fluoride consumption correlates with more cavities in children. TLDP Aug./Sep 1994

"Although skeletal fluorosis has been studied intensely in other countries for more than 40 years, virtually no research has been done in the U.S. to determine how many people are afflicted with the earlier stages of the disease, particularly the preclinical stages. Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed. Skeletal fluorosis is not even discussed in most medical texts under the effects of fluoride; indeed, a number of texts say the condition is almost non-existent in the U.S. Even if a doctor is aware of the disease, the early stages are difficult to diagnose."
Bette Hileman,
Fluoridation of Water,
Chemical & Engineering News, 1st August 1988.

For those who do not wish to drink fluoridated water, water filters of some sort are necessary unless a good quality bottled water is used. Not all bottled water is good quality water. Look at source and the ingredients on the label. If you do not live an area where fluoride is added to the drinking water you will still need a water filter because although fluoride may not be added directly to the tap water, it is added via the sink and drains of households and industry. Many people use toxic fluorides in one form or another, mostly through toothpastes and rinses and these go down the drain and into the water supply. Remember fluoride is cumulative and who knows just how much of this toxic stuff we are taking in daily.

Water filters are necessary to remove the host of irregular water toxins, heavy metals, chemicals etc. The list is formidable and can be obtained from Water Boards, the National Pure Water Association, water filter manufacturers or the library has books containing such data. As well as a water filter to take out standard toxins and heavy metals, a separate fluoride filter is necessary because the technology has not yet been perfected to combine both types of filter. Water filter manufacturers also produce a separate nitrate cartridge for those living in heavy nitrate areas (farming).

Distilled water is much purer but has to be stored in a glass containers because the dissolution potential of the water is great and would dissolve plastics from containers. Distilled water is excellent for several purposes, making your own herbal remedies being one of them. Using Kinesiology, course students have found that the best combination is distilled water with unrefined sea salt. Unrefined salt in essential to correct physiological function and, along with adequate amounts of pure water daily, becomes the bedrock of any other treatment. The use of industrial grade sodium chloride is not physiologically acceptable and here, again, we have total confusion about the role of salt in health because white, processed industrial grade sodium chloride is not physiologically acceptable 'salt' or fit to be used as food. It belongs in the same category as white flour, sugar and toxic fats. The proper amount of unrefined salt is essential for cell membrane integrity and energy movement in the body. The body, as a whole, is as healthy as the individual cells. Lack of unrefined sea salt is one of several common factors in almost all modern disease (see Salt article, issue 7). Reverse Osmosis units are also very effective at filtering the water and have advantage over the under the sink filters in that their performance is much more even until expiration of the filters whereas the under the sink type filters are good performers when the cartridges are replaced but the life efficiency of them diminishes consistently until they no longer function. Of course the cartridges need replacing before this happens. However, with reverse osmosis, the water wastage is considerable so not really suitable for those on metered water supplies.



Some likely sources of industrial waste fluorides:

Tap water
Some bottled water
Juices made from concentrates (and added tap water)
Beers, lagers etc. made from tap water
Wines made from concentrates and tap water
Instant teas and coffees etc. made from tap water and dehydrated
Drinks and soups etc. prepared in restaurants and coffee bars if tap water is used
Toothpastes
Mouth rinses
Basically anything made in food processing factories if tap water has been used
Fruit and vegetable sprays
Anything with water added to it if it is tap water

All credit would be given to the source of the quotes compilation but sadly it has been mislaid. If anyone recognises the original source of compilation, please inform me so that official permission can be sought along with credit given.

All articles referred to are from Informed Choice Health Course.
Water filters and distillers contact:
V. Bradshaw Tel/Fax 01476 567420,
Email: VivshawUK@aol.com
Unrefined salt 500g pot £3.50 + p&p (9 pots post free) - contact V. Bradshaw

Is The True Hidden Cause Of Alzheimer's Your Toothpaste? by Paul Kuhlma

I am a truck driver, and have hauled just about everything over the past 13 years. I read your site's article postulating that naturally occurring aluminium found in water might be the key to Alzheimer's disease. I'll go one better than that.

I once picked up a 44,000 pound load of aluminium dioxide powder in the aptly-named town of Bauxite, Arkansas. Noting that the destination for the load was not a processing plant or a mill, I inquired as to why this load was destined for the Colgate-Palmolive Company. The shipping agent said that the quality of bauxite (Aluminium dioxide) found in Arkansas was too low grade for manufacturing purposes, but was fine for toothpaste.

"Toothpaste?" I enquired. He then went on to explain that common white toothpaste is made largely from Aluminium Dioxide, which is a mildly abrasive, brilliantly white powder. They'll simply add a sudsing agent to make the bubbles, a flavouring agent to make it palatable, perhaps a food colouring agent, some water, and presto - toothpaste. Go read the ingredients on your tube of toothpaste. It'll list one or two 'active ingredients'...notice the combined total amounts of 'active ingredients' is usually less than 1%. What about the other 99%?

* Were you aware that every day of your life, you are filling your mouth with a gob of nearly pure aluminium dioxide?
* Can you imagine the possible health effects?
* Do you see how this is the number one entry point for aluminium to enter the body?
* Can you guess why the inactive ingredients aren't listed?
* Imagine the outcry from all the millions of health-conscious Americans who suddenly discovered that they are being poisoned!
* Yes, that's why they aren't listed.

So, if you and your readership are concerned about getting too much aluminium in their diets, you can all relax about naturally occurring aluminium in the water, or cooking with pots and pans. These are trivial sources of aluminium compared with the several pounds of aluminium directly swallowed or absorbed through the tissues while brushing our teeth.

On the bright side, we can all still have a beautiful smile in our old age, if only we can remember how to smile.

Karen Fay Winter Kinesiologist Australia

UK Fluoridation Violates Nuremberg Code.

The British Government has violated the Nuremberg Code and the Council of Europe Biomedical convention of 1999 and The International Academy of Oral Medicine and Toxicology Europe intends to take them to the European Court of Human Rights.

Water fluoridation is banned throughout most of Europe because of the risks involved but the British Government plans to introduce it throughout the UK. Scientists estimate that if water fluoridation proceeds in the UK, cancer deaths will increase by 6 per day due to the carcinogenic effect of fluoride.

Long term studies have shown that water fluoridation does not reduce tooth decay. Research shows that the poorest in society will suffer more from the neurological effects of fluoride leading to increased aggression and reduced IQ. Fluoridated areas have higher crime rates than non-fluoridated areas.
Further information Dr G Munro-Hall BDS FIAOMT Founder President IAOMT -
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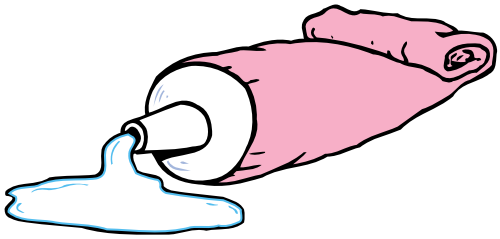

Proposed Fluoride Ban in Belgium

The Beligan Health ministry has confirmed that it is considering the ban of supplements containing fluoride. The ban would include products such as tablets, capsules and chewing gum that contain fluoride and make them illegal to sell.
Currently official in Belgium say they are not going to ban fluoride in drinking water or toothpaste due to its benefit to dental health.

Health experts are concerned about the overuse of fluoride as it can increase the risks of developing osteoporosis.
Further information www.nowfoods.com