

## Appendix 7

### Sources of Fluoride that contribute to the fluoride load in our bodies

Source – [www.fluoridealert.org](http://www.fluoridealert.org)

Today we are exposed to more fluoride than ever, not only from those persistent chemicals now in the environment such as PFAS, but in...

- Many dental products now contain fluoride, including more than 95% of toothpaste. Studies show that a significant number of children swallow more fluoride from toothpaste alone than is recommended as a total daily ingestion.
- **Dental products:** Even if you live in a community that does not add fluoride to its water supply, you will still be exposed to fluoridated drinking water. This is because once fluoride is added *en masse* to water, it winds up in almost all processed beverages and foods. In the US, studies have shown that sodas, juices, sports drinks, beers and many other processed foods, including infant foods, now have elevated fluoride levels.
- **Pesticides:** Due its toxicity, fluoride is used in some pesticides to kill insects and other pests. As a result of fluoride pesticide use, some food products – particularly grape products, dried fruit, dried beans, cocoa powder, and walnuts – have high levels of fluoride. *The Wikipedia entry on fluorine informs us that about 30% of agricultural herbicides and fungicides are fluoride compounds containing fluorine ions. Many insecticides contain sodium fluoride (author's addition in italics).*
- **Tea drinks:** Tea plants absorb fluoride from the soil. As a result, tea leaves – particularly old tea leaves – contain high levels of fluoride. Brewed black tea averages about 3 to 4 ppm fluoride, while commercial iced tea drinks contain between 1 and 4 ppm. As a result of these elevated levels, numerous studies have linked excessive tea consumption to a bone disease (skeletal fluorosis) caused by too much fluoride intake.
- **Fluorinated Pharmaceuticals:** Many pharmaceuticals are fluorinated, meaning they contain a carbon-fluorine bond, fluorine. Although the carbon-fluorine bond in most drugs is strong enough to resist breaking down into fluoride within the body, this is not always the case, as research has found that some fluorinated drugs, including cipro, do break down into fluoride and can, thus, be a major source of fluoride exposure for some individuals. *(Russell Blaylock refers to Dr Dean and her book on magnesium where she states: "People taking fluoridated drugs are at a higher risk for developing magnesium deficiency and suffering severe side effects." Dr Blaylock said that most of the commonly used drugs harbour this toxin. These include Prozac, Paxil, Cipro, Diflucan, Celebrex, Prevacid, Lipitor, Advair, and steroids.) (Author's addition in italics).*
- **Mechanically de boned meat:** Foods made with mechanically separated meat (e.g., chicken fingers, nuggets, etc), contain elevated levels of fluoride due to the contamination from bone particles that occurs during the mechanical de boning process. Mechanically processed chicken meats have the highest levels, with chicken sticks containing an average of 3.6 ppm.
- **Teflon pans:** Cooking food, or boiling water, in Teflon pans may increase the fluoride content of food. In one study, it was found that boiling water in a Teflon pan for just 15 minutes added an additional 2 ppm of fluoride to the water, thus bringing the final concentration to 3 ppm.
- **Workplace exposure:** Fluoride is a common air contaminant in industrial workplaces. As a result, workers in many heavy industries – including the aluminium, fertiliser, iron, oil refining, semi-conductor and steel industries – can be routinely exposed to high levels of fluoride exposure. In addition to being a significant risk factor for respiratory disease; airborne fluorides can be a huge daily source of fluoride intake.

(Ref: [www.fluoridealert.org](http://www.fluoridealert.org).)