



**“Optimally” Fluoridated Water  
Delivers Contraindicated Doses  
Every Single Day  
to the Most Vulnerable**

**(Fetuses, Infants and Young Children, Especially in  
Low Income Families  
that Cannot Afford Unfluoridated Water)**

**and**

**Statements from Health Canada that contradict the  
agency’s support for fluoridation of  
municipal water**

**Christine Massey, M.Sc.**

## Health Canada on Fluoride

*“Health Canada does **not** consider fluoride as an essential nutrient.”*

[http://www.oag-bvg.gc.ca/internet/English/pet\\_221\\_e\\_30308.html](http://www.oag-bvg.gc.ca/internet/English/pet_221_e_30308.html)

*“Fluoride supplements... **Only** take them if an oral health professional advises you to.”*

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/environment/fluorides-human-health.html#s3>

*The fluoride doses received by children from drinking fluoridated water are similar to doses in oral supplements*

[http://www.oag-bvg.gc.ca/internet/English/pet\\_299C\\_e\\_35212.html](http://www.oag-bvg.gc.ca/internet/English/pet_299C_e_35212.html)

## Statements from Health Canada on Fluoride

*“The action of fluoride is **topical**.”*

*“**No fluoride** should be given before the teeth have erupted.”*

*“Supplemental fluoride should be given **only after 6 months of age and only in the following conditions...**”*

*“Supplemental fluoride should be in mouthwash, lozenges or drops diluted in water and **sprayed on the teeth**.”*

<https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/health-care-services/nursing/clinical-practice-guidelines-nurses-primary-care/pediatric-adolescent-care/chapter-7-nutrition.html>

## Health Canada on Fluoride

*Young children tend to swallow toothpaste → **increased risk of dental fluorosis***

*Up to 3 years of age: brush with **rice sized grain** of fluoride toothpaste twice per day **only if** the child is at risk of developing cavities; if not at risk brush with water*

*3 - 6 years: help children brush their teeth with a **pea-sized bit** of fluoride toothpaste*

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/fluor-eng.php>

## Health Canada on Fluoride

*Toothpastes with fluoride are **drugs** since fluoride prevents caries; toothpastes without fluoride are cosmetics...*

<https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/industry-professionals/labelling-cosmetics.html>

*Required warning on fluoride toothpaste:*

***“Keep out of reach of children under 6 years of age. If a quantity greater than the dose used for brushing is accidentally swallowed, get medical help or contact a Poison Control Centre right away (FDA 1995).”***

<http://webprod.hc-sc.gc.ca/nhp/bdipsn/atReq.do?atid=oral.health.sante.bucco.dentaire>

## CDC on Children's Fluoride Exposure from Toothpaste

*Children <6 years & especially <2 years have poor control of swallowing reflex → **increased risk for dental fluorosis***

*So use **only a pea-sized bit of toothpaste***

*Supervise them and **have them spit it out***

*One gram of toothpaste has approx. 1 mg of fluoride*

***A pea-sized bit of toothpaste is approx. 0.25 g toothpaste (and therefore contains approx. 0.25 mg fluoride)***

<https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>

## Health Canada on Dental Fluorosis: Caused by Fluoride Overexposure

*“a permanent hypomineralization of tooth enamel due to fluoride-induced disruption of tooth development... in people with high exposure... occurs only when exposure to fluorides happens during tooth formation”*



- Guidelines for Canadian Drinking Water Quality Technical Document Fluoride, 2010:  
<https://www.canada.ca/en/health-canada/services/publicatigns/healthy-living/guidelines-canadian-drinking-water-quality-guideline-technical-dgcuement-fluoride/page-3-guidelines-canadian-drinking-water-quality-guideline-technical-dgcuement-fluoride.html#a101>

Public Health attitude: “Not an adverse effect”;  
publish fraudulent, misleading reports that hide actual prevalence

# FDA & Health Canada Require Warnings on Fluoride Toothpaste

**Colgate**<sup>®</sup> **CAVITY PROTECTION**  
Great Regular Flavor

NET WT 1.5 OZ (42 g) •PROVEN CAVITY FIGHTING FLUORIDE TOOTHPASTE•

**USE:** Helps protect against cavities.

**DIRECTIONS:** Brush thoroughly at least twice a day (best if after meals) or as directed by a dentist or physician. Children 2 to 6 years: Use only a pea sized amount and supervise child's brushing and rinsing (to minimize swallowing). Under 2 years: Ask your dentist or physician.

**WARNING:** Keep out of the reach of children under 6 years of age. In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

**ACTIVE INGREDIENT:** SODIUM MONOFLUOROPHOSPHATE  
(0.15% W/V FLUORIDE ION)

**OTHER INGREDIENTS:** DICALCIUM PHOSPHATE DIHYDRATE, WATER, GLYCERIN AND/OR SORBITOL, SODIUM LAURYL SULFATE, CELLULOSE GUM, FLAVOR, TETRASODIUM PYROPHOSPHATE, SODIUM SACCHARIN.

Questions? Comments?  
Please call toll-free 1-800-688-6502.

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## Canadian Dental Association

*“... use of fluoridated toothpaste in this age group is determined by the level of risk. Parents should consult a health professional to determine whether a **child up to 3 years of age** is at risk of developing tooth decay. **If such a risk exists, the child’s teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice...)** of fluoridated toothpaste.*

***Children from 3 to 6 years of age should be assisted by an adult in brushing their teeth. Only a small amount (a portion the size of a green pea...)** of fluoridated toothpaste should be used.”*

## Problem: Fluoridated Water

In fluoridated water with 0.70 mg fluoride per litre (aka 0.7 ppm)...

...each 350 ml, or 0.35 litre, of water contains:

$0.35 \text{ L} \times 0.70 \text{ mg/L} = \mathbf{0.245 \text{ mg fluoride}}$ ...

...the same **dose** found in a pea-sized bit of F toothpaste that everyone agrees must be **spit out** by young children due to **increased risk of dental fluorosis**... and **call poison control** if they swallow **>0.25 mg**

### Does this make sense to you?

|   |   |   |
|---|---|---|
|  | = |  |
| Pea-sized dab of toothpaste   |   | One glass of 0.7ppm water   |
| <b>0.25mg of fluoride</b>   |   | <b>0.25mg of fluoride</b>   |
| Monitor children!<br>Make sure they<br><b>SPIT IT OUT!</b>                          |   | No Risk,<br><b>SWALLOW<br/>REPEATEDLY!</b>  |

**Consumed  
Daily, Year after  
Year, No  
Warnings  
Provided to the  
Public**