

WARNING

Why The US Government Requires
Warning Labels on Toothpaste



Buyer Beware!

DANGER



Special Report: Did you know that
toothpaste can be deadly? Read Now!



WARNING

Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek professional assistance or contact a Poison Control Center immediately. If irritation occurs, discontinue use.

Sounds like something you would find on the back of an abrasive chemical like engine degreaser or some other sort of harsh cleaning chemical right?

Guess again. Run to your bathroom, flip over a tube of toothpaste (or the box it came in) and read. Chances are you will find some very similar verbiage attached to your tooth cleaning product of choice.

A large number of the ingredients found in the toothpaste you use everyday are harmful, and since there are so many harmful products in toothpaste the FDA requires warning labels like the one read above.

Let's take a look at some of those harmful chemicals that have prompted the FDA to require toothpaste manufacturers to slap each tube with warning labels.

Hydrated silica, sorbitol, sodium saccharin, titanium dioxide, glycerin, sodium laurel/laurite sulfate, and sodium fluoride are all ingredients that are found in most toothpaste.

Not familiar with any of them? That's okay. Read on to see what they are, and how they can adversely affect your health.

- Hydrated silica is primarily used as an abrasive in toothpaste, and is composed of a crystallized compound found in quartz, sand, and flint.
- Sorbitol is most commonly used as a sugar substitute, and as you would probably assume, is used largely to give toothpaste a somewhat pleasant taste. Doesn't sound bad huh? Well, when you



consider sorbitol as a laxative, a humectant and a thickener in various shampoos, it may make you think twice about using it in your toothpaste to keep your mouth fresh and clean.

- Sodium saccharin is another artificial sweetener used to make toothpaste taste good, but in a number of countries it is outlawed as an additive.
- Titanium dioxide is best known as an ingredient in sunscreen and is used in thousands of very common cosmetic products. What's worse, titanium dioxide is an ingredient for which no long-term safety testing on humans has ever been conducted. In fact, according to the Canadian Center for Occupational Health and Safety, titanium dioxide may be a human [carcinogen](#). In toothpaste it is used for its whitening powers. Alarming right?
- Glycerin is a syrupy, sweet, colorless liquid obtained from fats and oils. Its alternate uses include print and ink making, conserving preserved fruits, making lotions and lubricating moulds. It can also be used to prevent freezing in hydraulic [jacks](#), and as it has an antiseptic quality, it is sometimes used to preserve scientific specimens in high school labs. Glycerin prevents toothpaste from drying out and helps maintain product consistency.
- Sodium lauryl sulfate (SLS) is an inexpensive detergent commonly used in cosmetic cleansers, hair shampoos, bath gels, shower gels, and bubble baths. It is probably the most dangerous ingredient used in skin and hair care products. In the cleaning industry it is used in garage floor cleaners, engine degreasers, and car-wash soaps. SLS cleans by corrosion and readily attacks greasy surfaces.
- Sodium fluoride is a colorless crystalline salt used in fluoridation of water, in treatment of tooth decay, and as an insecticide and disinfectant. Sodium fluoride is used in toothpaste to harden the enamel of the teeth to prevent tooth decay.



- Sodium pyrophosphate, also called tetrasodium pyrophosphate or tetrasodium phosphate, is a slightly toxic and mildly irritating colorless transparent crystalline chemical compound with the formula $\text{Na}_4\text{P}_2\text{O}_7$ and CAS number 7722-88-5. In toothpaste and dental floss, sodium pyrophosphate acts as a tartar control agent, serving to remove calcium and magnesium from saliva and thus preventing them from being deposited on teeth. Sodium pyrophosphate is used as a buffering agent, an emulsifier, a thickening agent, and is often used as a food additive. Common foods containing sodium pyrophosphate include chicken nuggets, marshmallows, pudding, crab meat, imitation crab, canned tuna, and soy-based meat alternatives.

You are probably as shocked as we were to discover what's in toothpaste, and what we are exposing ourselves and our children to everyday. Although there are proponents that warn against the use of all of the above ingredients, sodium fluoride is the one ingredient that triggered the FDA to require warning labels on toothpaste.

Here are some facts about fluoride.

The FDA lists fluoride as an "unapproved new drug" and the EPA lists fluoride as a "contaminant".

Fluoride has never received "FDA Approval" and is considered to be a toxic waste product from the fertilizer industry.

A July 1998 report for The American Academy of Pediatric Dentistry states that at least 22% of all American children now have dental fluorosis as a result of ingesting too much fluoride. Fluorosis is light spots and discoloration forming on developing teeth of children. In advanced cases, pitting of teeth can occur.

Fluoride has been linked to many harmful health effects including: Alzheimer's, kidney damage, gastrointestinal problems, cancer, genetic damage, neurological impairment, bone decay, tooth decay, arthritis, and



osteoporosis. You may check the Internet for government and scientific reports validating this at <http://www.zerowasteamerica.org/Fluoride.htm>.

Battelle released the results of its study on fluorides and rats in April 1989. The study showed a dose-dependent relationship between the incidence of oral cancerous tumors and fluorides. After learning this, the National Cancer Institute did a study and found that as exposure to fluoridation increases, so does the incidence of oral cancer; sometimes by as much as 50%.

In 1990, forty US dentists brought a case against the American Dental Association contending that the Association purposefully shielded the public from data that links fluoride to genetic defects, cancer and other health problems (Columbus Dispatch, Oct 21, 1990). Since 1990 over 45 US cities have rejected fluoridation.

Ninety eight percent of Europe's drinking water is now fluoride free.

In 1986-1987, a study involving 39,207 children aged 5-17 showed no statistical difference in decay of teeth from using non-fluoridated or fluoridated water (Dr J. Yiamouyiannus Water Fluoridation & Tooth Decay Study, *Fluoride* 23:pp55-67,1990.).

The FDA has determined toothpaste containing sodium fluoride enough of a risk to require warning labels. Historically, when the FDA requires warning labels there is a good reason for it. Look at the progression of cigarette warning labels: 1970 - Caution: Smoking may be hazardous to your health; 2000 – Surgeon General's Warning: Smoking causes lung cancer, heart disease, emphysema, and may complicate pregnancy.

The Journal of the American Dental Association (JADA's Dec. 1995, July 1996, July 1997, March 1999, June 2000) has published a series of studies reporting on pervasive overexposure to fluoride due to "the widespread use of fluoridated water, fluoride dentifrice, dietary fluoride supplements and other forms of fluoride... {There is} an increased prevalence of dental fluorosis, ranging from about 15% to 65% in



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fluoridated areas and 5% to 40% in non-fluoridated areas in North America." In February of 1997, The Academy of General Dentistry (AGD), representing 35,000 dentists, warned parents to limit their children's intake of juices due to fluoride content.

Although there is a growing movement against the use of fluoride, there are also some large corporations with deep pockets and strong lobbyist in Washington DC that have a significant interest in continuing to sell fluoride.