

WHY THE US GOVERNMENT REQUIRES WARNING LABELS ON TOOTHPASTE

WARNING: Keep out of the 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. As with other toothpaste, if irritation occurs discontinue use.

DIRECTIONS: Adults and children 2 years and older. Apply toothpaste onto a soft bristle toothbrush. Brush thoroughly after meals or at least twice a day or as directed by a dentist or physician. **Children under 6 years:** To minimize swallowing, use a pea sized amount supervise brushing until good habits are established. **Children under 2 years:** Ask a dentist or physician.

The above guidelines are the typical warning labels and directions for toothpaste. But why does the FDA require warning labels on both the box and tube of toothpaste? Answer: Fluoride. The FDA lists fluoride as an “unapproved new drug” and the EPA lists fluoride as a “contaminant”.¹ Fluoride has never received “FDA Approval” and is considered to be a hazardous waste product from the fertilizer industry. Fluoride compounds are so toxic; they are listed among the top 20 of 275 substances that pose the most significant threat to human health, in the list (compiled by the US Agency for Toxic Substances and Disease Registry - ATSDR).²

7 Reasons Why Not to Use Toothpaste with Fluoride

1. FLUORIDE DOESN'T PREVENT CAVATIES

The world's largest study on dental tooth decay observed 400,000 students. It revealed that decay increased 27% with a 1 part per million fluoride increase in the drinking water.³ (1) Also in Graz, Austria, dental tooth decay in children increased while fluoride tablets were being dispensed. The Graz

¹ AMERICA: OVERDOSED ON FLOURIDE by Lynn Landes & Maria Bechis, updated June 2000

² Toxic Bite “An Investigation Into Truth Decay” 2002

³ Teotia, S P S, Teotia , M, “Dental carries: A Disorder of High Flouride and Low Calcium Dietary Interaction:, Flouride 59-66, 1994

study began in 1956, and decay of children's teeth decreased after they stopped the test in 1973. Austria consequently banned fluoride. In 1998, the results of a 50-year fluoridation experiment in Kingston, New York (un-fluoridated) and Newburgh, New York (fluoridated) were published. In summary:

“There was no significant difference in rates of dental decay in children in the two cities, but children in the fluoridated city showed significantly higher rates of dental fluorosis than those in the un-fluoridated city.”⁴

2. FLUORIDE CAN CAUSE DENTAL FLUOROSIS

Fluorosis is the discoloration (turning yellow) and, in advanced cases, the pitting of your teeth. The Centers of Disease Control report that at least 22% of all American children now have dental fluorosis as a result of ingesting too much fluoride, and the rate may be 69% in children from high socioeconomic-status families and those who live in fluoridated communities.⁵

3. FLUORIDE LINKED TO CANCER

Dr. John Yiamouyiannis, a biochemist president of the Safe Water Foundation (SWF), was one of two researchers who first determined the fluoride-cancer link. In 1977, epidemiological studies by Dr. Dean Burk, former head of the U.S. National Cancer Institute's cell chemistry section, and Yiamouyiannis, showed that fluoridation is linked to about 10,000 cancer deaths yearly. “Over 120 million Americans are being chronically poisoned by fluoridation,” he told the SPOTLIGHT. “In addition,” he said “fluoridation is responsible for 40 million cases of arthritis, dental deformity in 8 million children, allergic reactions in 2 million people and overall 10,000 unnecessary cancer deaths every year.” “Research from St. Louis University, the Nippon [Japan] Dental College and the University of Texas show that fluoride has the ability to induce tumors, cancers and stimulate tumor growth.”⁶

⁴ Ziegelbacker, Rudolf, “Fluoridation in Europe”, Fluoride 31 (3), 1998

⁵ AMERICA: OVERDOSED ON FLOURIDE by Lynn Landes & Maria Bechis, updated June 2000

⁶ SPOTLIGHT NEWSLETTER, reprint 1998 “Truth Can't Be Hidden: Fluoride Causes Cancer

4. FLUORIDE LINKED TO BONE DISEASE

The World Health Organization warns that a chronic fluoride intake of 2.0-8.0 mg per day can lead to skeletal fluorosis, a debilitating and sometimes crippling bone disease.⁷ Studies now show that, far from clearing quickly from the body, fluoride accumulates over time, reaching toxic levels as a person ages. Fluoride has a particular affinity for bones and has been widely linked to the development of osteoporosis and a high rate of hip fractures.⁷

5. FLUORIDE LEADS TO TOOTH LOSS

Dr. A. K. Susheela, the Director of Fluorosis and Rural Development Foundation, New Delhi, India states “Fluoride enters the bloodstream within minutes after tooth brushing with fluoride toothpaste”.⁸ “We have seen from the research that fluoride negatively affects health. In those who use or ingest fluoride, it has been observed that muscles and bone tissue undergo degenerative changes. This in turn leads to tooth loss. Fluoride may well be one of the factors responsible for us becoming edentulous (toothless). What started off as a good idea (fluoride in toothpaste) has in all probability been a major cause of tooth loss and degenerative disease.”⁸

6. DANGER IN THE BATHROOM

According to Dr. Ted Spence, fluoride does the following:

- Inactivates 62 enzymes
- Increases the aging process
- Increases the incidence of cancer and tumor growth
- Disrupts the immune system
- Causes genetic damage
- Interrupts DNA repair-enzyme activity
- Increases arthritis and is a systemic poison⁹

⁷ WHAT DOCTORS DON'T TELL, “Toothpaste, A Close brush with Poison”, Volume 11, No. 4

⁸ “Serum and Urine Fluoride Levels in Toothpaste Users”, *Journal of the Indian Dental Association*, Vol. 59, June-Sept, 1987

⁹ Spence, E, “The Fluoride Controversy” www.mercola.com/1999/feb/21/fluoride_controversy.htm

7. DENTISTS SUE AMERICAN DENTAL ASSOCIATION

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 defect, cancer and other health problems.¹⁰ Since 1990 over 45 US cities have rejected fluoridation.¹¹ Ninety seven percent of Europe's drinking water is now fluoride free. In February 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.¹²

The FDA has determined toothpaste containing sodium fluoride is 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: In 1970 cigarette warning labels said - Caution: Smoking may be hazardous to your health; in 2002 cigarette warning labels say – Surgeon General's Warning: Smoking causes lung cancer, heart disease, emphysema, and may complicate pregnancy.

Although there is a growing movement against the use of fluoride, there are also some large corporations with deep pockets and strong lobbyists in Washington, DC that want to continue selling fluoride.

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¹⁰ Class Action of 40 Members of American Dental Association, Columbus Dispatch Oct 21, 1990

¹¹ NPWA Briefing Document of N.I. Health & Social Services Board's Consultation Period, Jan 1996

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