

FLUORIDE IS NOT AN ESSENTIAL NUTRIENT

Fluoride Action Network | August 2012 | By Michael Connett

In the 1950s, dentists believed that fluoride was a “nutrient.” A nutrient is a vitamin or mineral that is necessary for good health. Dentists believed that fluoride ingestion during childhood was necessary for strong, healthy teeth. A “fluoride deficiency” was thus believed to cause cavities, just like a deficiency of calcium can cause osteoporosis, or a deficiency of vitamin-D can cause rickets. **It is now known, however, that fluoride is not a nutrient.**

STATEMENTS FROM U.S. GOVERNMENT AGENCIES:

“In summary, FDA does not list fluorine as an essential nutrient.”

SOURCE: Food & Drug Administration, October 1990. [See letter]

“The United States Public Health Service does not say that sodium fluoride is an essential mineral nutrient.”

SOURCE: U.S. Public Health Service, May 10, 1966. [See letter]

“Sodium fluoride used for therapeutic effect would be a drug, not a mineral nutrient. Fluoride has not been determined essential to human health. A minimum daily requirement for sodium fluoride has not been established.”

SOURCE: Food & Drug Administration, August 15, 1963. [See letter]

THE INSTITUTE OF MEDICINE REPORT (1997)

Some commentators have cited a 1997 report from the Institute of Medicine (IOM) as demonstrating that fluoride is an essential nutrient. The IOM report, however, does not do so — a fact confirmed by both the President of the Institute of Medicine (Kenneth Shine), as well as the President of the National Academy of Sciences (Bruce Alberts). In a jointly authored letter on November 18, 1998, Alberts and Shine unequivocally stated:

“Nowhere in the report is it stated that fluoride is an essential nutrient. If any speaker or panel member at the September 23rd workshop referred to fluoride as such, they misspoke. As was stated in Recommended Dietary Allowances 10th Edition, which we published in 1989: ‘These contradictory results do not justify a classification of fluoride as an essential element, according to accepted standards.’” [See letter]

EXCERPTED FROM: www.fluoridealert.org/studies/essential-nutrient/

NOTE: Internal bolding and underlines of text added by Patricia Dines to highlight key points.