

## FLUORIDE - DID YOU KNOW?

Statements are backed up by internationally recognised studies – you can find the evidence, references, and more information here:

[fluoridefree.org.nz/flyers](http://fluoridefree.org.nz/flyers)

1. Fluoridation chemicals are a waste product scrubbed from the chimneys of the phosphate fertiliser industry because they are too toxic to go into the air. It is a toxic waste that is hazardous and expensive to handle and dispose of. This chemical is called hydrofluorosilicic acid (H<sub>2</sub>SiF<sub>6</sub>).
2. There is no fluoridation in the whole of continental Europe. Only 10% of the UK is fluoridated.
3. Fluoride is a known neurotoxin as shown by the latest research from the US Government's National Toxicology Program, the Gold Standard of Toxic substance reviewers.
4. Recent studies show 0.3 ppm of fluoride in the water is enough to affect brain development. 0.7ppm – 1.0 ppm is used in NZ. There are now 10 US Government funded studies that show fluoride damages the brains of children exposed to fluoride at exposure levels caused by fluoridation.
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6. 5. Babies bottle-fed fluoridated water get 200 times more fluoride than breast-fed babies as breast milk screens out virtually all fluoride.
7. Fluoride accumulates in our bones and soft tissue and can cause skeletal fluorosis. The first stage of skeletal fluorosis is identical to arthritis.
8. Fluoride affects the thyroid. A major study from the University of Kent found 60% more people in fluoridated areas had underactive thyroid compared to non-fluoridated areas.
9. In 2018 the NZ Supreme Court ruled fluoridation was a compulsory medical treatment that violates Section 11 of the Bill of Rights – our right to refuse to undergo medical treatment.
10. Recent major studies (LOTUS and CATFISH) funded by the UK government has found fluoridation has very little benefit to teeth and is not cost effective. School toothbrushing schemes in Scotland and other places have been hugely successful.