

# FLUORIDATION'S NEUROTOXICITY

There is **no question** that fluoride is neurotoxic, damaging the brain and central nervous system, as documented by hundreds of studies. Extensive scientific evidence, including studies at exposures caused by fluoridated water, shows it can harm children. ***It can NOT be declared safe.***



2006: The National Research Council published Fluoride in Drinking Water<sup>1</sup>, the most authoritative review of fluoride's toxicity. It stated unequivocally that ***“fluorides have the ability to interfere with the functions of the brain and the body”*** and ***“the chief endocrine effects of fluoride include decreased thyroid function.”*** Low thyroid function (hypothyroidism) is known to be linked to lowering IQs.

2012: A Harvard-funded meta-analysis<sup>2</sup> found that children ingesting higher levels of fluoride tested an average 7 IQ points lower in **26 out of 27 studies**. Most had higher fluoride concentrations than in U.S. water, but many had total exposures to fluoride no more than what millions of Americans receive.

***“Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain.”***

**Philippe Grandjean, MD, PhD, Harvard study co-author, Danish National Board of Health consultant, co-editor of Environmental Health, author of over 500 scientific papers**

2017: A petition to EPA<sup>3</sup> to end fluoridation documented that fluoride caused neurotoxic harm in **57 out of 61 human studies (mainly lowered IQ), several at levels in fluoridated water, and 112 out of 115 animal studies**. EPA denied the petition, triggering a lawsuit. A federal judge denied the EPA's motion to dismiss the suit. The legality of fluoridation is scheduled to go on trial in federal court in February 2020.

2017: A National Institutes of Health (NIH) - funded study<sup>4</sup> in Mexico covering 13 years found that every one milligram per liter (1 mg/L) increase in fluoride in pregnant women's urine – approximately the difference caused by ingestion of fluoridated water<sup>5</sup> - was associated with a reduction of their children's IQ by an average 5-6 points. Leonardo Trasande, a leading physician unaffiliated with the study, said it ***“raises serious concerns about fluoride supplementation in water.”***<sup>6</sup>

2018: A Canadian study<sup>7</sup> found iodine-deficient adults (nearly 18% of the population) with higher fluoride levels had a greater risk of hypothyroidism. Author Ashley Malin said ***“I have grave concerns about the health effects of fluoride exposure.”***<sup>8</sup>

2019: Another NIH – funded study<sup>9</sup> in the Journal of the American Medical Association Pediatrics found every 1 mg/L increase in Canadian pregnant women's urine was linked to a 4.5 decrease in IQ in their male children. The study was so strong that the editor of JAMA Pediatrics said ***“I would not have my wife drink fluoridated water”***<sup>10</sup> if she was pregnant. The authors and independent reviewers both said the study showed fluoride is as toxic as lead in lowering intelligence.



1. <https://www.nap.edu/catalog/11571/fluoride-in-drinking-water-a-scientific-review-of-epas-standards>
2. Choi et al <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491930/>
3. [http://fluoridealert.org/content/content-bulletin\\_3-1-18/](http://fluoridealert.org/content/content-bulletin_3-1-18/)
4. Bashash et al <https://chp.niehs.nih.gov/chp655/>
5. Till et al <https://chp.niehs.nih.gov/doi/10.1289/EHP3546>
6. Newsweek, Sept. 19, 2017, <https://www.newsweek.com/childrens-iq-could-be-lowered-if-drinking-tap-water-while-pregnant-667660>
7. Malin et al <https://www.ncbi.nlm.nih.gov/pubmed/30761111>
8. Environmental Health News, Oct. 10, 2018, <https://www.ehn.org/we-add-it-to-drinking-water-for-our-teeth-but-is-fluoride-hurting-us-2611193177.html>
9. Green et al, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6704756/>
10. Washington Post, <https://www.washingtonpost.com/science/2019/08/19/study-raises-questions-about-fluoride-childrens-iq/>

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