

# Fluoridation's Neurotoxicity

There is now **no question** that fluoride is neurotoxic, damaging the brain and central nervous system, as documented by hundreds of recent studies. ***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.***"

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 National Institutes of Health (NIH) - funded study<sup>3</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>4</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>5</sup>

2018: A Canadian study<sup>6</sup> found iodine-deficient adults (nearly 18% of the population) with higher fluoride levels had a greater risk of hypothyroidism (known to be linked to lower IQs). Author Ashley Malin said "**I have grave concerns about the health effects of fluoride exposure.**"<sup>7</sup>

2019: Another NIH-funded study<sup>8</sup> in the Journal of the American Medical Association Pediatrics found every 1 mg/L increase in fluoride in Canadian pregnant women's urine was linked to a 4.5 decrease in IQ in their male children. The physician editor of JAMA Pediatrics said "**I would not have my wife drink fluoridated water**"<sup>9</sup> if she was pregnant.

2019: A Canadian study<sup>10</sup> found a nearly **300% higher risk of ADHD** for children living in fluoridated areas. This reinforced earlier studies linking fluoride to ADHD in Mexico (2018)<sup>11</sup> and the U.S. (2015).<sup>12</sup>

2019: Another NIH-funded study<sup>13</sup> in Canada found that babies fed formula mixed with fluoridated water averaged 4 IQ points less than those mixed with non-fluoridated water. Losses of non-verbal IQ were even more serious, an average of 9 points.

2019: A systematic review of 149 human studies and 339 animal studies by the U.S. National Toxicology Program<sup>14</sup> concluded that "**fluoride is presumed to be a cognitive neurodevelopmental hazard to humans.**" The report is still in draft form, but NTP also said there is little chance they will change their finding.