

Everyone has the right to drink uncontaminated water.

**If you believe you need to consume fluoride,  
it's better to get it from a pharmacy,  
not from a fertilizer factory.**



#### Preferred Option

From a pharmacy, obtain **Sodium Fluoride Drops**: 25 mg of pharmaceutical-grade fluoride in a 50 mL bottle of water fluoridated at 500 ppm.

Add **Sodium Fluoride Drops** in these amounts to fluoridate your water at about 0.7 ppm:

7 drops per cup

1 1/3 dropperfuls per quart

#### Not Recommended

Obtaining it from the fertilizer factory, whose **fluosilicic acid** is the chemical pollution-control systems capture so it can't contaminate the environment.

A toxic industrial waste product, **fluosilicic acid** is the chemical most used to fluoridate US water supplies.

Disclaimer:

**"This drug has not  
been found by FDA  
to be safe and effective."**

#### US Food and Drug Administration

Marketing Category: "Unapproved drug other"

**Pregnancy Category C:** "Animal reproduction studies have shown an adverse effect on the fetus and there are no adequate and well-controlled studies in humans." A drug in category C "may pose risks similar to a drug in Category X."

**Pregnancy Category X:** "The risks involved in use of the drug in pregnant women clearly outweigh potential benefits."

**Potential Benefit:** "Drinking fluoridated water may reduce the risk of tooth decay."

#### Warning on Fluoride Toothpaste Label:

"If you accidentally swallow more than used for brushing, seek professional assistance or contact a Poison Control Center immediately."

Children 3 to 6 years old should use no more than a pea-sized amount of toothpaste, which contains 0.25 mg fluoride.

The US Environmental Protection Agency regulates fluoride as a "contaminant" in drinking water.

[PregnancyAndFluorideDoNotMix.com](http://PregnancyAndFluorideDoNotMix.com)