



New Scientific Evidence:

FLUORIDE IN WATER CAN HARM THE FETUS

protect the
brains & IQ
of your
children

A major 12-year, U.S. Government funded study with pregnant mothers and their offspring reported in 2017 that **exposure to certain levels of fluoride resulted in decreased IQs in their children**. Fluoride levels were determined by testing the urine of pregnant mothers. Fluoride levels that reduced IQ in the study are approximately the same levels seen in adults who live in U.S. communities with fluoridated drinking water. Children in this study had their IQs tested twice, at age 4 and between 6-12 years of age. **The average IQ loss was 5 to 6 points.**



Fluoride is Neurotoxic

Over 59 studies have investigated the relationship between fluoride and human intelligence. Of these investigations, 52 of the 59 human studies have found that elevated fluoride exposure is associated with reduced IQ. These human studies, which are based on IQ tests of over 12,000 children, provide compelling evidence that fluoride exposure during the early years of life can damage a child's developing brain.



Why Water?

Water is the major route of exposure to fluoride for the general population. Approximately 70% of communities across America add fluoride to their public drinking water for the alleged benefit of protecting teeth from caries. This water is called fluoridated water. Communities that have water fluoridation programs put the offspring of pregnant women at risk.



What Should I Drink?

If you live in a fluoridated community there are a few things you can do:

- Don't drink the tap water or use it to prepare food or beverages such as soups, rice, pasta, tea, coffee, etc.
- Buy bottled water that had been filtered by reverse osmosis or distillation
- Buy spring water after confirming the levels of fluoride with the distributor
- Install a reverse osmosis filter under the kitchen sink (about \$250)

Moms 2B



Avoid Fluoride

What Can I Do To Help?

Work within your community by writing letters to the paper, put up posters, request meetings with your city, county and/or state Department of Health and also with the board of your local WIC program.

Fluoride was identified as an Endocrine Disruptor in 2006 ([NRC](#)) and a Developmental Neurotoxin in 2014 ([Grandjean](#))



The Fluoride Action Network (FAN) is a **non-profit** dedicated to protecting public health by reducing involuntary exposures to fluoride. FAN is achieving these goals by educating the public, decision makers, and the media. FAN is supporting volunteers in communities affected by fluoridation and is holding government health and regulatory agencies accountable. FAN is committed to the principles of environmental justice and the precautionary principle.