

### 3. FACTS ABOUT FLUORINE AND FLUORIDE

Dr. Connett states that fluoride is not an essential nutrient. He does not acknowledge that fluoride has been found to be an essential nutrient by many scientific groups and systematic reviews, the latest of which is:

- 1) From page 26 of the most recently conducted systematic review of the worldwide evidence on fluoridation and general health - the report of the Irish Health Research Board published during 2015:

"In Ireland, water fluoridation is considered a sound public health practice. Water fluoridation creates an environment that is conducive to promoting good oral health. It is a cost-efficient intervention that can reach large populations, without necessitating the active participation of the individuals, and it can deliver oral health benefits. In addition, it can reach a broad spectrum of people, ranging from those in low socioeconomic groups to high socioeconomic groups, and it can reduce disparities in oral health, **thereby it could be considered an essential dietary nutrient.** As with all dietary nutrients it is possible to have either too little or too much in the diet."

#### **Additional Evidence of Fluoride as an essential Nutrient:**

- 2) The Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes report: "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride." This report focuses on five nutrients—calcium, phosphorus, magnesium, vitamin D, and fluoride, **all of which play a key role in the development and maintenance of bone and other calcified tissues.**"

----Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. Washington (DC): National Academies Press (US); 1997. Preface.

- 3) According to the American Academy of Pediatrics, Fluoride is regarded as an essential nutrient now well known to be effective in the maintenance of a tooth enamel that is more resistant to decay."

----Fluoride as a Nutrient  
American Academy of Pediatrics  
Committee on Nutrition  
Pediatrics, vol. 49, No 3, March 1972