

Fluoride is *already* in our food and beverages.

Intended goal of fluoridation: Delivery of 1 milligram (mg) fluoride per day

Intended range of concentration in fluoridated water: 0.7 to 1.2 ppm

{Note: 1 mg (milligram)/Liter = 1ppm (parts per million)}

Fluoride Concentration, by specific independent analysis:

(Individual samples will vary)

Coca Cola Classic.....	0.98 ppm
Diet Coke	1.12 ppm
Sprite.....	0.72 ppm
Lucerne 2% Milk	0.72 ppm
Minute Maid orange juice	0.98 ppm
Gerber Graduate Berry Juice	3.0 ppm
Gerber White Grape Juice	6.8 ppm
Welch's White Grape Juice (concentrate).....	1.8 ppm
Hawaiian Punch.....	0.85 ppm
Fruit Loops	2.1 ppm
General Mill's Wheaties.....	10.1 ppm
Kellogg's Shredded Wheat.....	9.4 ppm
Post's GrapeNuts cereal	6.4 ppm

Maximum allowable pesticide residue levels:

Cryolite (sodium aluminum fluoride)

Cabbage.....	45.00 ppm
Citrus fruits	95.00 ppm
Collards.....	35.00 ppm
Eggplant.....	30.00 ppm
Lettuce, head.....	180.00 ppm
Lettuce, leaf.....	40.00 ppm
Peaches.....	10.00 ppm
Potatoes, internal	2.00 ppm
Potatoes, wastes and skin	22.00 ppm
Raisins.....	55.00 ppm
Tomatoes.....	30.00 ppm
Tomato paste.....	45.00 ppm



A bowl of Wheaties, a glass of milk, and a Coke or orange juice delivers twice the fluoride salesman's daily goal of fluoridation.

ITEM	FLUORIDE PPM	DOSE (MG)
12 oz. Coke	.98	.353
8 oz. 2% Milk	.72	.173
Wheaties	10	1.80
TOTAL DOSE		2.326

**Exceeds
1.0 mg.
Fluoridation Goal**

1.0 233%

There is no deficiency of exposure to fluoride for any segment of our population.

Citizens for Safe Drinking Water • Jeff Green, Director • 1.800.728.3833