

✓ Evidence Based



10 Reasons To Use Fluoride-Free Toothpaste

by Casey J Krol

Everywhere you look, you'll be told you NEED fluoride in your toothpaste. But the reality is fluoride-free toothpaste is just as good, if not better than fluoride toothpaste.

Now I understand many of you think fluoride is some magical cure for cavities. Or you're a little scared to completely stop using it.

But millions of people have dropped fluoride from their dental care routine, started using fluoride-free toothpaste and have perfectly healthy teeth.

10 Reasons To Use Fluoride-Free Toothpaste



#1. Fluoride is Poison

I know it's hard to believe.

But the proof is right on the toothpaste label.

For example, in the picture below I compare two toothpastes from the same company, a fluoride-free and fluoride version. Now the only difference between the two is that one has fluoride and the other one does not (all other ingredients are the same).



But only the one with fluoride has a poison warning.

This is due to the fact, each and every fluoride toothpaste sold in the USA and Canada is required by law to be labeled with a poison warning.

If you're still not convinced, here's another picture (the one on the right is what's added to your toothpaste).



As you can tell...

There is a massive "TOXIC" sign and skull on the bag filled with fluoride.

Now if you need more reasons than this to start using fluoride-free toothpaste, you're in luck... I have another 9 reasons. And I'm sure number 6 will convince you for good.

#2. Your body does NOT need fluoride

Not ONE disease is caused by a lack of fluoride, not even tooth decay.

Furthermore, there is not a SINGLE biological process within your body that requires fluoride.^{1,2,3} This is why unlike vitamin D, K, calcium and many other vitamins and minerals – fluoride is NOT an essential nutrient.

In other words, your body does not want or need fluoride to function.

#3. Your teeth contain LESS than 2% fluoride

You would think from everything we read and are told, our teeth would be full of fluoride.

However, your teeth contain less than 2% fluoride.... In fact, mineralized enamel is made of 89% calcium hydroxyapatite and small amounts of calcium carbonate (4%), calcium fluoride (2%),

and magnesium phosphate (1.5%).⁴

So how does it make sense to focus on the 2% while ignoring the rest?

It doesn't.

Which brings us to the next reason...

#4. Focusing on the WRONG Thing

Fluoride is shoved into our mouths because it's supposed to help with remineralization.

Now consider this...

Remineralization is a natural repair process for teeth, remineralization of teeth heavily depends on diet, many people's diets are loaded with fluoride AND less than 2% of teeth contain fluoride.

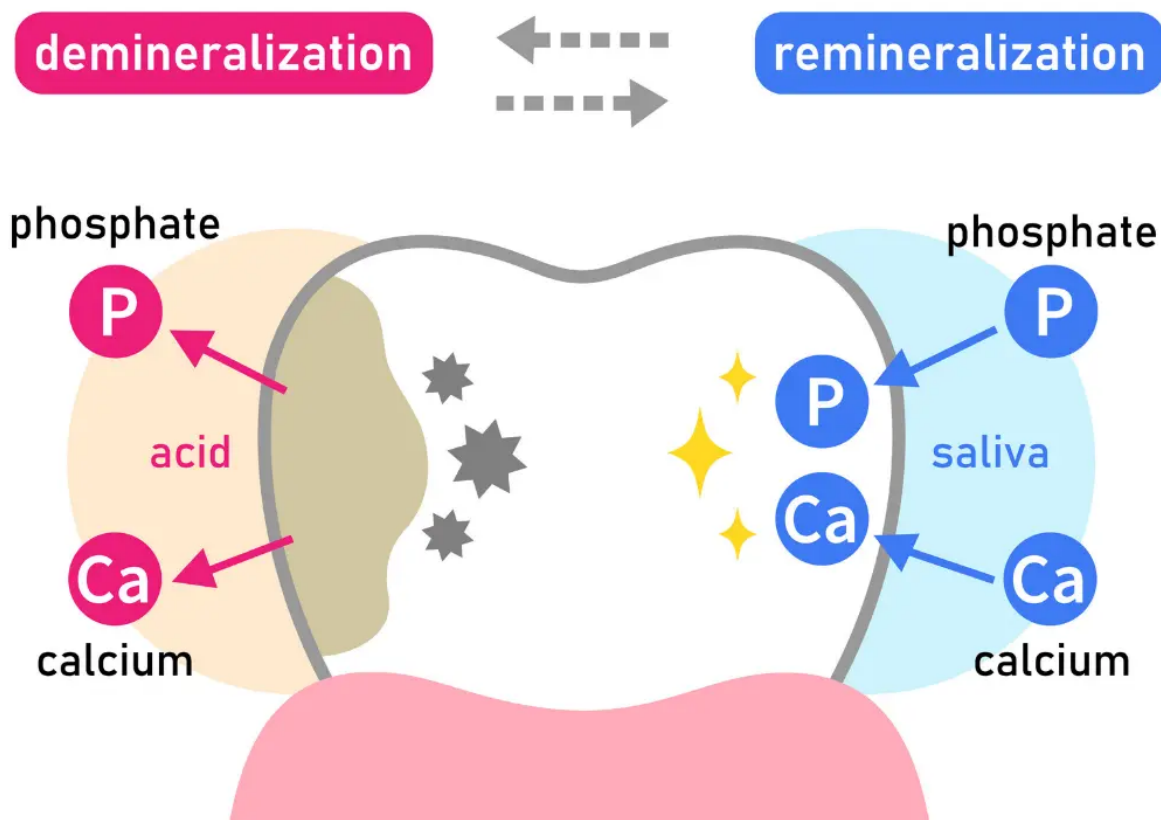
So clearly our bodies don't want fluoride.

If your body thought fluoride was useful...

It would use it.

So if preventing cavities is important to you, wouldn't it make more sense to focus on nutrients that are essential to your body, found in your teeth and proven to be important in remineralization?

Of course it does!



This is why you should start using fluoride-free toothpaste AND focus on giving your body the nutrients it needs like vitamin D and quality calcium.

Which is very important since 44.1% of the U.S population does not meet the daily requirement for calcium. In addition, 94.3% of the U.S population does not meet the daily requirement for vitamin D – an essential nutrient that helps the body absorb calcium and phosphorus which makes up over 95% of your teeth.^{5,6}

So forget about fluoride.

And focus on what your body NEEDS.

If you don't, you'll be like an architect focusing on what color to paint the building walls – instead of making sure the foundation is strong and won't collapse... their main job.

#5. Fluoride Toothpaste Could Lead To Poor Quality Teeth

Does fluoride re-mineralize your teeth?

When it comes to how it's done naturally the answer is NO but if you directly apply fluoride to your teeth, like when you use toothpaste, then of course it "re-mineralizes" your teeth.

It's basic science.

Since fluoride is negatively charged, it will react with positively charged ions found in your teeth like calcium. When it does this, it basically depletes natural hydroxyapatite and makes it's own

fluoride version.

When someone says "my dentist told me fluoride is good for teeth and I believe it"



This could be a problem because when it comes to bones, researchers out of the University of Toronto have uncovered that fluoride helps BUILD bone but the strength of bone declined with increasing fluoride content.⁷

So what makes us think that teeth are not effected in a similar negative way?

Everyone agrees that fluoride "builds" bone but the bone it builds is weak and leads to fractures. So sure fluoride "re-mineralizes" your teeth but does it do a good job?

#6. Safe and Just as Effective Fluoride-Free Toothpaste

Studies have shown fluoride-free toothpaste containing hydroxyapatite is just as effective in remineralization and preventing cavities as fluoride toothpaste.⁸

The main ingredient in these toothpastes is a naturally occurring mineral form of calcium apatite which is actually found in our teeth.

So by going with a fluoride-free toothpaste containing hydroxyapatite you get the benefits a fluoride toothpaste would give you WITHOUT risking the negative effects that come with fluoride.

So switching is a no brainer.

And if you'd like to know my favorite and by far best option of such toothpaste, read my [best fluoride-free toothpaste](#) article (link to article). That's where I tested 40+ brands and picked the best 5.

#7. Fluoride is NOT Natural

Look at every other website and I can guarantee you they mention how "natural" fluoride is.

Unfortunately, they're lying to us...

Clearly, fluoride is NOT natural.

As we've already mentioned here... fluoride is not an essential nutrient, your teeth contain less than 2% fluoride and let's not forget the huge "TOXIC" signs printed on the fluoride packaging (pictured below).



Now technically fluoride is "natural".

But this is misleading.

Lead, arsenic and mercury are ALL natural but they're the top 3 most toxic substances on the Earth.

The only thing that matters when deciding if something is "natural" for humans is to figure out the natural levels humans have been exposed to throughout time. And when it comes to fluoride, natural foods (eggs, meat, milk, and fruits), surface water, and human breast milk (as natural as it gets) contain very low levels of fluoride – practically non-existent.

#8. Fluoride Toothpastes Are LOADED With Toxic

Ingredients

Not only is fluoride toxic but you'll find other toxic ingredients in toothpastes that contain fluoride. In fact, I could not find a single fluoride toothpaste that had a good ingredient list.



You can easily check this for yourself by looking at whatever fluoride toothpaste you have in mind and checking to see if it contains any of the following ingredients:

- hydrated silica,
- sorbitol,
- sodium saccharin,
- titanium dioxide,
- glycerin,
- sodium lauryl/laureth sulfate,
- fluoride
- carrageenan
- PEG-8, PEG/PPG
- artificial color (ex. blue 1, yellow 10)
- endocrine disruptors (ex. lavender)

Now I'm not sure why it's like this.

Maybe the brands that sell fluoride toothpaste know those who use fluoride don't really care what they put into their body. While in comparison, fluoride-free toothpastes contain much less toxic ingredients with some brands being completely toxic-free.

#9. Fluoride May NOT prevent cavities

We're told over and over again that fluoride helps prevent cavities but where's the proof?

Most of the time were just told to believe whoever says it because they're a doctor or it's coming from a big organization. But rarely do they ever show you the studies to backup their claims.

Truth is, there really is not that much proof to back up the claim fluoride is a miracle cavity fighter. In fact, there's a lot of proof to show it doesn't do much. This proof on why fluoride does NOT work and why it's dangerous for your health can be found at [69 reasons to oppose fluoride](#) (link to article).

Now in relation to cavities and toothpaste. Most websites promoting fluoride often say something like "you have the demineralization but not yet a full blown cavity in the tooth, the fluoride can be taken up into that demineralized area to help it remineralize".

BUT we know that there is less than 2% of fluoride in teeth.

So in reality this does not match up.

And let's not forget there are millions of people who use fluoride-free toothpaste and nothing bad happens to them. In fact, they probably have better teeth than those that use fluoride toothpaste because they know they need to focus on factors other than fluoride.

#10. To have fluoride work best, you can NOT rinse which is dangerous

Many pro-fluoride people recommend you do not rinse after brushing your teeth with fluoride toothpaste and leave it on your teeth.

This way it has time to work it's "magic".

Now I know many of you won't believe me, it's even hard for me to believe. Why would anyone leave a substance with a "toxic" and "poison" label on their teeth which will then be slowly swallowed throughout the day and absorbed through their gums into their blood.

So here's a screenshot of a "doctor" with over 300k followers on Twitter sharing this advice:



#OurFavOnlineDoc 🇮🇹 🇬🇧 🇺🇰
@DrOlufunmilayo



As you brush your teeth today:
Remember NOT to rinse your mouth after. Just spit out
the excess toothpaste- but do NOT rinse your mouth.

It gives the fluoride time to work on your teeth.

Do it for just three months and see your teeth become
whiter, stronger and a lot better.

2:04 AM · Jan 7, 2020 from Leeds, England · Twitter for iPhone

6,045 Retweets 752 Quote Tweets 10.1K Likes

Now I don't know about you but leaving a toxic, non-essential, and unnatural substance on your teeth and in your mouth, does not sound smart or safe to me...

Unfortunately, thousands of people will believe what he's saying just because he's a "doctor".

Should You Use Fluoride-Free Toothpaste?

Well, I think it's quite obvious that you should drop fluoride and use a fluoride-free toothpaste.

Not only do we now know fluoride is toxic, non-essential to human health, and non-natural. Which leads to countless health effects like lowered IQ, hormonal problems, and weaker bones.^{7,9,10}

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Lastly, if you enjoyed this article I'd greatly appreciate it if you shared it with your friends

TRUTH ABOUT
FLUORIDE

#1 Resource For Reliable and Useful Fluoride Information

Providing you the tools and information you need to avoid a classified neurotoxin with ease.

- ✓ **Evidence Based:** information is based on scientific literature.
- ✓ **Independently Tested:** tests are independently tested (water filters, teas, bottled water, etc.) to ensure unbiased results.
- ✓ **Self Funded:** the website is solely funded by the owner + donations made by readers. Keeping the information pure and objective.

buttons to get in touch with me (IG or Twitter). Better yet, sign up with your email on the website and get access to my personal email.



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