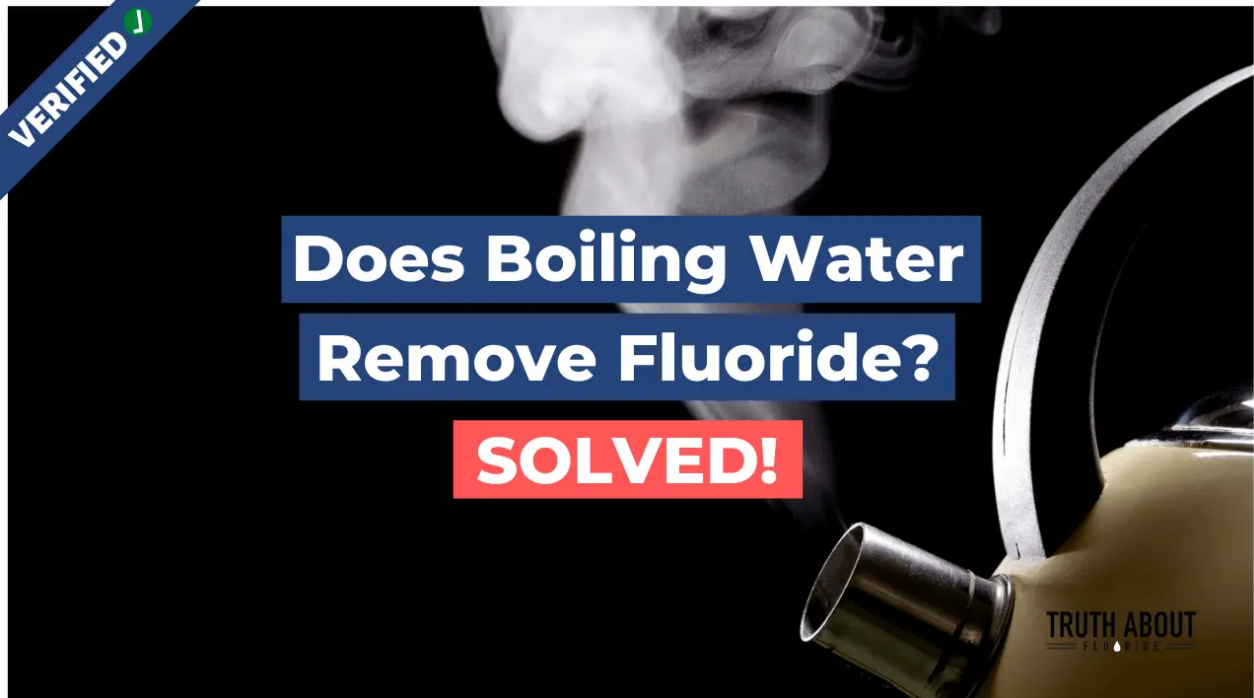


✓ Independently Tested



# Does Boiling Water Remove Fluoride?

by Casey J Krol

We don't want fluoride in our water, but does boiling water remove fluoride?

Like many, I once believed boiling water was the be-all and end-all answer.

But before I tell you why I changed my mind, let's find out if boiling water removes fluoride.

**NOTE:** Truth About Fluoride is reader-supported. When you buy through links on the site, I may earn a commission. However, keep in mind each and every product is bought, tested and used by myself. With only the best being recommended.

## Does Boiling Water Remove Fluoride?

To figure this out, I did three simple things...

1. Test water fluoride levels before boiling
2. Boil water
3. Test boiled water for fluoride

So let's start with testing the tap water for fluoride...



The fluoride meter detected 0.6 ppm of fluoride in the tap water.

Now the next step is to boil the water and test it for fluoride...



So does boiling water remove fluoride?

**According to the fluoride meter, boiling water does not remove fluoride. As fluoride levels were 0.6 ppm before and after boiling. In fact, with longer boiling times, the concentration of fluoride may increase as more water evaporates.**

But don't worry, in a few seconds I'll tell you exactly how to remove fluoride and most

importantly, [how to remove fluoride from water cheaply](#).

## What Does Boiling Water Remove?

My family and I would always boil our tap water.

However, after doing many tests, I've noticed boiling water is only good at removing certain impurities:

- Bacteria
- Viruses
- Pathogens

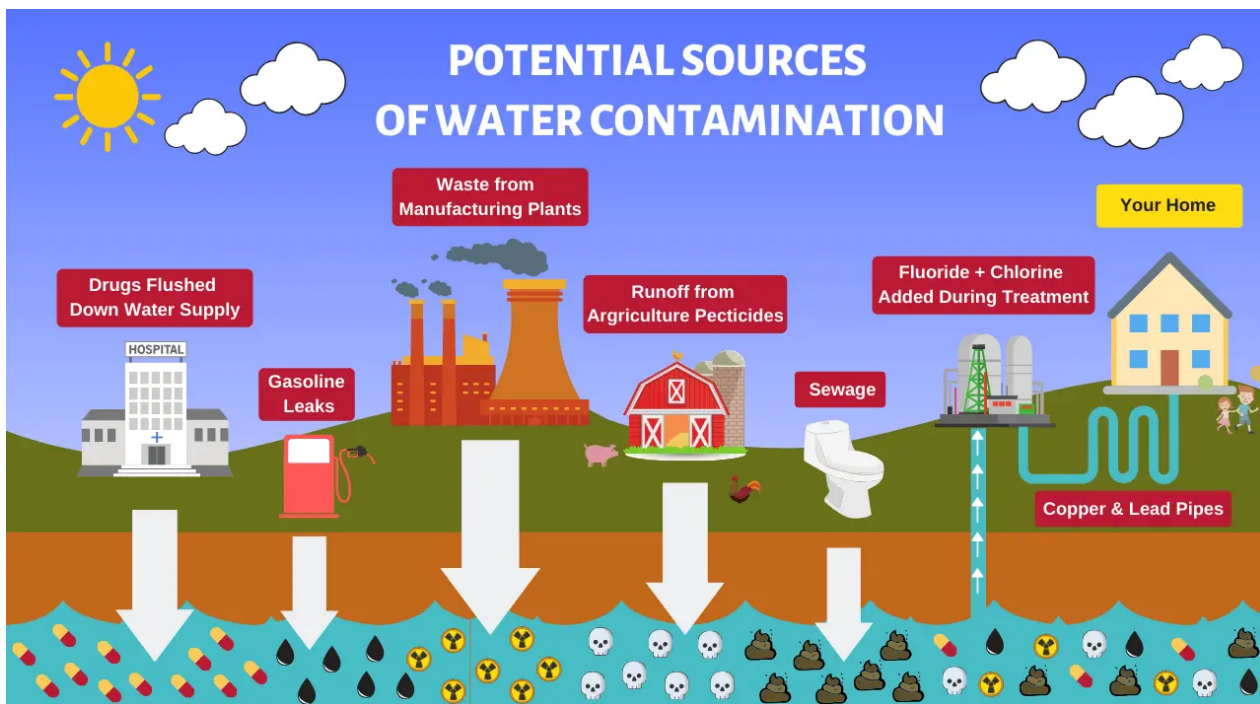
## What Does Boiling Water NOT Remove?

Although boiling water is an excellent method of eliminating chlorine and germs, it fails to remove many other contaminants.

For the simple fact, high heat has no effect on many water contaminants like fluoride.

The only thing that happens, is water vapor escapes and leaves behind all dissolved minerals and solids:

- Fluoride
- Pharmaceuticals
- Pesticides
- Lead
- Synthetic Estrogen
- Herbicides
- Arsenic



In fact, an easy way to understand this is to think back to a time where you left the soup or sauce on the stove-top for too long...

What happened to the liquid?

It becomes extremely thick – leaving behind all the meat, vegetables and spices. While only the water vapor escaped.

Now in our situation we're not left with chicken, carrots and a dash of salt...

We're served a higher concentration of fluoride, herbicides, pharmaceuticals and maybe if we're "lucky" a dash of synthetic estrogen.

## How Do I Remove Fluoride From My Water?

The only way to ensure you are drinking healthy water, is to take matters into your own hands.

And there's only one way to remove fluoride... use a quality water filter.

And the [best fluoride water filters](#) happen to be reverse osmosis and distillers, both of which can bring fluoride content all the way down to 0.0 ppm.

But in case you don't want to install a reverse osmosis system under your sink or wait 4 hours for a distiller to filter a jug of water.

The easiest, cheapest and most popular option would have to be getting a water pitcher from [Clearly Filtered](#) (link to their website).



**Note:** if you plan on buying the pitcher, you should buy from [Clearly Filtered](#) (link to their website) and not Amazon. The price you pay will be cheaper and shipping time is the exact same if not faster through Clearly Filtered.

Lastly, in case you go with a brand I don't recommend, here's something you'll find useful...

After testing dozens of filters, I realized many brands LIE about their filter being able to remove fluoride.

So to help you avoid being tricked, I've taken 33+ fluoride test results of the most popular water filters and put them into one document.

And all you have to do is enter your email below and I'll send you the test results right away.

**Enter your email below to receive fluoride test results on 40+ water filters  
+ my top picks!**



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Name

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Email

Submit

In fact, as I'm writing this I can guarantee you most websites are still recommending "fluoride filters" that have zero effect on fluoride.

But the good news is, with this document you'll never be fooled.

Anyways, there you have it, the truth about fluoride in regards to *if boiling water remove fluoride*.

Cheers!

**Many people believe boiling their water is good enough to ensure it's safe to drink. So if can, take a few seconds and share this article with friends and family using the buttons below – they'll be happy you did!**

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# 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.

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