



What's in your Fluoride Toothpaste?

Despite the almost celebrity status of Fluoride in the dental world, its safety is increasingly being questioned.

Fluoride Toothpaste requires safety warning

The US Food and Drug Administration now requires a warning on **fluoride toothpaste**:

“If more than the amount used for brushing is accidentally swallowed get medical help or contact poison control right away. **Keep away from children under six years old.**”

It appears excessive amounts of fluoride may cause fluorosis, a mottling of white patches over the surface of developing teeth in children.

Sodium lauryl sulphate, often added to toothpaste as a foaming and cleansing agent, has also been questioned, as some believe it can accumulate in the tissues of the eyes, liver and brain. As the membranes in your mouth are one of the most direct routes to your blood, it doesn't matter if you swallow the toothpaste or not. Incredibly, oral absorption into the blood stream is up to 90 per cent effective.

Free of Fluoride Toothpaste

The good news is that there is a range of fluoride-free toothpastes with these tooth-friendly ingredients:

- Natural Clays and Bicarbonate of Soda – which are non-abrasive effective cleansers, gentle on your tooth enamel
- Xylitol—a natural sweetener that helps keep a neutral pH level in the mouth, preventing bacteria from sticking to teeth thus protecting teeth from decay.
- Aloe vera—a natural fluoride alternative, effective in fighting cavities and easing gum inflammation.

Alcohol free mouthwash

In recent years, leading independent experts say there is now sufficient evidence to support claims that alcohol-containing mouthwashes contribute to the increased risk of oral cancer.

Farming Secrets says: Avoid all chemicals by reading your labels and choosing wisely

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