

Fluoridation's Ineffectiveness

The largest, most recent, highest-quality scientific studies on water fluoridation's effectiveness have shown NO significant reduction of cavities.

The Cochrane Collaboration, a non-profit organization of 30,000 expert researchers and health professionals from around the world, is considered the gold standard of evaluating effectiveness of health interventions.



Its latest (2024) systematic review¹ analyzed data from the 21 highest-quality studies. It found that fluoridation increased cavity-free results in primary (baby) teeth by **only 4% and in permanent teeth by only 3%**.

Neither result is statistically significant and include the possibility of **no** benefit at all. It also found **no** sufficient evidence that fluoridation benefitted low-income families.

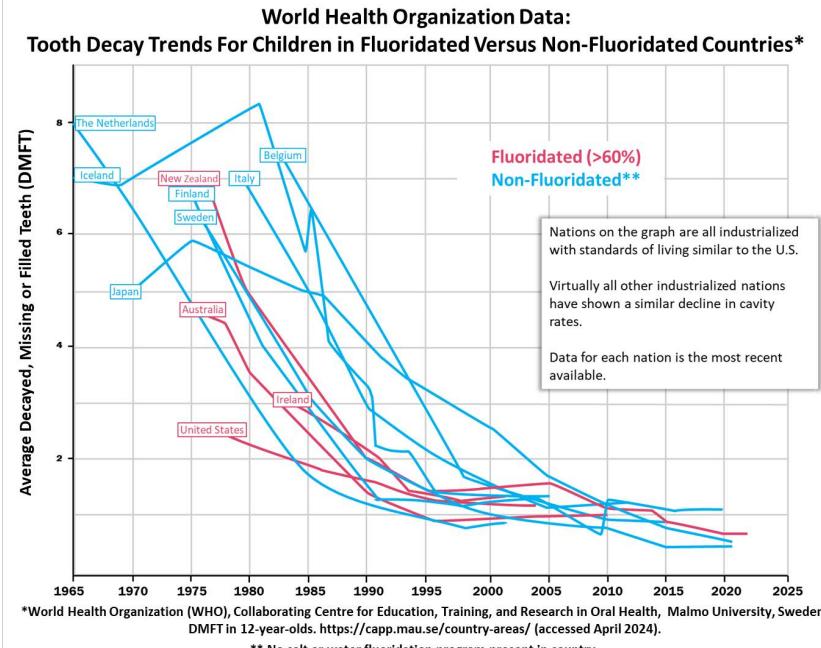
This is consistent with the 2024 LOTUS study², **the largest ever done – analyzing 6.4 million people in the UK's National Health Service**. It found only a minuscule 2% lower cavity rate in permanent teeth of adolescents and adults drinking fluoridated water – with “**no meaningful reduction in social inequities . . .**”

It is also consistent with the **Iowa Fluoride Study (IFS)**, funded by the National Institutes of Health, the most comprehensive research project in the U.S. The 2018 IFS study³ found **no** significant correlation between ingested fluoride and cavity reduction, further validating its 2009 study⁴ that stated “**recommending an 'optimal' fluoride intake is problematic.**”

Many on-the-ground experiences in cities such as Boston, New York, Cincinnati and Pittsburgh also showed fluoridation hasn't prevented cavities in low-income children. For instance, San Antonio reported in 2011 that “**After 9 years and \$3 million of adding fluoride, research show(ed) tooth decay hasn't dropped among the poorest of Bexar County's children. It has only increased – up 13 percent this year**⁵.”

Even the American Dental Association's and Center For Disease Control (CDC)'s highly questionable claims of 25% cavity reduction⁶ in children equates to **only half a cavity per child**⁷.

There is already a consensus (including CDC⁸) that fluoride's effectiveness in preventing cavities is mainly topical – NOT swallowed.



References at: <https://fluoridealert.org/content/fluoridation-ineffectiveness-2024/>



Fluoride Action Network
fluoridealert.org