There may be more to the fluoride story than drinking water...

While toothpaste and drinking water would appear to be the leading sources of fluoride exposure, probably the most common source of exposure is actually non-organic foods! The reason for this is because of the widespread use of fluoride-based pesticides.

• non-organic food could account for as much as one-third of the average person's fluoride exposure
• Sodium aluminum fluoride (Cryolite) is sprayed on many crops to kill bugs, it's also very sticky, so when they spray it, it's more likely to stick on your produce.
• Iceberg lettuce can contain a 180 parts per million (ppm) of fluoride—that's 90 times higher than the secondary standard for drinking water.
• Citrus fruits are allowed to be contaminated with 95 ppm of sodium aluminum fluoride.
• Potatoes may have 22 ppm on the outside and up to two ppm on the inside.
• Raisins can have up to 55 ppm.
• Grapes are often sprayed with Cryolite and, since grape juice is used as a base in may fruit juices, you may get a fluoride dose when you drink a juice that is not labeled as grape juice.