

- Produce, Grains, and Other Food Sources:**
- *Non-Organic Produce*
 - if treated with certain pesticides
 - especially grapes, raisins, and potatoes
 - lettuce, tomatoes, and strawberries can also be easily contaminated when grown with cryolite
 - *Cereal*, including organic cereal
 - if manufactured with fluoridated water
 - *Mashed Potatoes, Steamed Vegetables, etc.*
 - if cooked with fluoridated water
 - *Other*
 - Non-organic grains and other foods stored in a warehouse during fumigation with sulfuryl fluoride

- Animal Products:**
- *Ground Chicken, Chicken Nuggets, Chicken Hot Dogs, Chicken Luncheon, etc.*
 - mechanically de-boned poultry products from animals raised on pesticide-laden feed
 - *Chicken Stock and Other Soups*
 - if made from bones of animals raised on pesticide-laden feed
 - *Anchovies, Sardines, and Other Canned Fish*
 - if whole fish is consumed, including bones

- Common Sources of Fluoride Exposure**
- Beverages:**
- *Tap Water, Bottled Water*
 - if fluoride is added or naturally-occurring
 - *Beer, Soft Drinks, Other Beverages*
 - if made with water that contains fluoride
 - *Tea*
 - black, green, and white; including instant or bottled iced tea
 - varies w/ soil, age of leaves, brewing time
 - *California Wine, Grape Juice*
 - from a pesticide commonly applied to grape crops in California
 - *Other Fruit Juice*
 - if made with water that contains fluoride or fruit treated with fluoride-based pesticides

- Non-Dietary Sources:**
- *Toothpaste, Mouthwash, Dental Treatments*
 - if fluoride is an active ingredient
 - *Shower/Bath Exposure*
 - if water contains high levels of fluoride
 - *Fluorinated Pharmaceuticals*
 - certain anesthetics, antibiotics, antidepressants (including Prozac and Paxil), antacids, steroids, anti-inflammatory, and several more
 - *Pesticides*
 - especially sulfuryl fluoride used for termite infestations, bed bugs, etc.
 - *Non-Stick Cookware*
 - *Scotchguard*

Fold Back Here First

Fold Back Here Second