

- 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-inflammatorys, 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