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Thyroid UK

Fluoride

There has been research on this topic - Fung KF, Zhang ZQ, Wong JWC, Wong MH. Fluoride contents in tea and soil from tea plantations and the release of fluoride into tea liquor during infusion. Environmental Pollution. 1999;104(2):197-205

The Linus Pauling Institute has a lot of information on fluoride and tea. He uses a table to show the fluoride content of tea - "The fluoride contents of 17 brands of green, oolong, and black teas is presented in the table below (12). These values do not include the fluoride content of the water used to make the tea. For more information, see the separate article on Fluoride." - <http://lpi.oregonstate.edu/infocenter/phytochemicals/tea/#components>

*Fluoride in 1% weight/volume tea prepared by continuous infusion from 5 to 360

Fluoride Content of Teas (12)		
Type of Tea	Fluoride (mg/liter)*	Fluoride (mg/8 ounces)
Green	1.2-1.7	0.3-0.4
Oolong	0.6-1.0	0.1-0.2
Black	1.0-1.9	0.2-0.5
Brick tea	2.2-7.3	0.5-1.7

minutes

You can see that the more tea you drink, the more fluoride you are ingesting and if you live in a fluoridated area, you are ingesting much more.

Think about how much tea you do drink and whether you should cut back. It may make all the difference to how you feel.

Fluoride

Did you know that fluoride was used in the past to treat hyperthyroidism and that it was frequently used at levels below the current "optimal" intake of 1mg per day. Did you know that fluoride is able to mimic the action of TSH?

Researcher Andreas Schuld has found that excess fluoride correlates with other thyroid-related issues such as iodine deficiency. When there is excess of fluoride in the body it can interfere with the function of the thyroid gland.

Fluoride in your water supply

Some cities in America have taken action and refused to have fluoride in their drinking water. This could be why there seems to be such a prevalence of people with symptoms of underactive thyroid.

Check with your water company and find out exactly how much fluoride is in the water you drink. If it is high, naturally or not, then write to your water company and complain, explaining that fluoride affects the proper functioning of the thyroid gland.

Fluoride is not only added to toothpaste, but to some mouthwashes too. If you think this could aggravate your problem, try buying toothpaste without fluoride and buy a water filter.

Some water filters can remove fluoride but carbon-base filters such as the Brita filter do not. Be sure to find the right type of filter. You need a Reverse Osmosis system. This should remove up to 98% of fluoride from your water. Filters will need to be changed about every 6 months.

For your convenience we have included the details of a couple of companies that make water filters that filter out fluoride, their inclusion here should not be seen as an endorsement.

- **Osmotics**
Unit 14 Shepherds Close, Alysham Business Estate,
Alysham NR11 6SZ
Email: info@osmotics.co.uk **Web:** www.osmotics.co.uk
- **East Midlands Water**
2 Cannock Street, Leicester LE4 9HR
Tel: 01162 763334 **Web:** www.eastmidlandswater.com

For more information about fluoride

- **National Pure Water Association**
42 Huntington Road, York, YO31 8RE
Tel: 02082-209168 **Web:** www.npwa.org.uk
- **Fluoride Action Network**
82 Judson Street, Canton, New York, 13617, USA
Email: info@fluoridealert.org **Web:** www.fluoridealert.org

Fluoride in Tea

In his paper, "Fluoride - What's Wrong With This Picture?" Andreas Schuld tells us about fluoride in tea. Here is an abstract of his article:

"In their drive to fluoridate the public water supplies, dental health officials continue to pretend that no other sources of fluoride exist other than drinking water.

This notion becomes absurd when one looks at the fluoride content in tea. Tea is very high in fluoride because tea leaves accumulate more fluoride (from pollution of soil and air) than any other edible plant (49,50,51). It is well established that fluoride in tea gets absorbed by the body in a manner similar to the fluoride in drinking water (49,52).



Fluoride content in tea has risen dramatically over the last 20 years due to industry contamination. Recent analyses have revealed a fluoride content of 22.2 mg per teabag or cup in Chinese green tea, and 17.25 mg of soluble fluoride ions per teabag or cup in black tea. Aluminium content was also high - over 8 mg.

Normal steeping time was five minutes. The longer a tea bag steeped, the more fluoride and aluminium were released. After ten minutes, the measurable amounts of fluoride and aluminium almost doubled (53).

A website by a pro-fluoridation infant medical group states that a cup of black tea contains 7.8 mgs of fluoride (54) which is the equivalent amount of fluoride from 7.8 litres of water in an area fluoridated at the "optimal" concentration of 1ppm.

Some British and African studies from the 1990s showed a daily fluoride intake of between 5.8 mgs and 9 mgs a day from tea alone (55, 56, 57). Tea has been found to be a primary cause of dental fluorosis in many international studies (58-70).

In Britain, over three-quarters of the population over the age of ten years consumes three cups of tea per day (71), thereby ingesting far more than the "optimal" dose.

Next to water, tea is the most widely consumed beverage in the world. Tea can be found in almost 80 percent of all US households and on any given day, nearly 127 million people - half of all Americans - drink tea (71).

The high content of both aluminium and fluoride in tea is cause for great concern as aluminium greatly potentiates fluoride's effects on G protein activation (72), the On/Off switches involved in cell communication and of absolute necessity in thyroid hormone function and regulation."

For the full article go to:

http://www.poisonfluoride.com/pfpc/html/picture_i.html