

DEPARTMENT OF  
HEALTH, EDUCATION, AND WELFARE  
FOOD AND DRUG ADMINISTRATION  
WASHINGTON, D.C.

AUG 15 1963

[Redacted]  
[Redacted]  
[Redacted]

Dear [Redacted]

In reply to your inquiry of July 9 about sodium fluoride, we are setting out the answers below in the same order as the specific questions you asked:

- ★ 1. Sodium fluoride used for therapeutic effect would be a drug, not a mineral nutrient.
- ★ 2. Fluoride has not been determined essential to human nutrition.
3. A minimum daily requirement for sodium fluoride has not been established.
4. There can be dangers in the use of almost any substance, even water or table salt.
- ★ 5. Above 2 milligrams per day of total intake of fluorides can cause tooth mottling in sensitive persons. It would be impossible to state a safe amount for supplementation by an individual without knowledge of the amount of fluorides already being consumed by him from such sources as drinking water and food grown in soils that are rich in fluorides.

We hope the above information will be helpful. If your interest relates to the addition of fluorides to drinking water for the prevention of dental caries, you may wish to write direct to the Division of Dental Public Health and Resources, Public Health Service, U.S. Department of Health, Education, and Welfare, for information and pertinent publications.

Sincerely yours,

*Edna M. Lovering*  
Edna M. Lovering  
Consumer Inquiries Section

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