

EVM Statement

Fluoride

At the start of its task, the EVM drew up a list of vitamins and minerals to be considered. These were vitamins and minerals which were either generally considered to be essential and/or which were available as food supplements. Fluoride is thought to be essential, though this has been difficult to demonstrate experimentally. Although fluoride supplements are only available as licensed medicines, fluoride was included in the EVM programme as it has been used to fortify particular foodstuffs on a local basis in order to improve dental health.

Two of the major sources of exposure (drinking water and dental products, the latter being considered either licensed medicines or cosmetics) are neither foods nor food supplements.

The EVM has concluded that it is inappropriate to comment on fluoride with regard to food fortification since this is carried out as a public health measure. Determining maximum levels of supplementation has to take place within the context of local exposure and involves a consideration of risks and benefits which is not within the terms of reference of the EVM.

The review commissioned by the FSA for the EVM will remain available for information purposes on the EVM website or from the Secretariat. This should not be taken to mean that the EVM has endorsed or approved this review.