FDA Fluoride Safety Alert — Children Fluoride Guidelines 2026 Explained Transcript

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FDA fluoride guidance for young children

New guidance from the FDA has changed how we think about fluoride supplementation for children. especially under the age of three. Let's dig into what they have recommended as well as the science behind it.

In October of 2025, the FDA made a guideline that suggested no more fluoride supplementation or use for children under the age of three. This may be supplementation in the form of tablets, of drops.

These are all things that are typically prescribed either by the pediatrician or the dentist. I remember taking these little pink pills when I was growing up.

Why are we not supposed to use them anymore?

Why fluoride supplements are being discouraged

Well, first of all, the FDA has never actually officially recommended them for use in children. Number two, science is now showing that the use in children is actually not very effective, that fluoride doesn't actually change how many cavities young children are getting on primary teeth.

Now there's a lot of evidence that fluoride is effective in hardening permanent teeth. but not in children's teeth. The third issue is there is scientific evidence showing the dangers of fluoride, that it changes the microbiome in the gut, it changes cognition, the way that the neurology is developing, the brain development in children, and it's so universal in our world today, it's in our water, it's in so many other things that we can't dose it properly.

And when we're talking about tiny little bodies and tiny little teeth, There is not a benefit that equals the risk. So what do you do instead?

Hydroxyapatite as a safer alternative

That's the great news. Today we can do hydroxyapatite. It's safe for children. All it is is simply the mineral complex that their teeth are made of. So if you want to help your child have healthy teeth, be cavity resistant, but also have a healthy body, Hydroxyapatite is the answer in tooth care products, in supplementation as well.

These are safe measures that will reduce cavities and make their teeth cavity resistant. That's the goal. You don't need fluoride and the FDA is now agreeing that it should not be used in children.

Please make sure to check back here frequently for updates for the latest research. Subscribe because my job is to help you and your entire family live well and we want to show you how.