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I am contacting you regarding an article posted to [www.realfarmacy.com](http://www.realfarmacy.com) on September 4, 2015, titled, "[Printable List of Bottled Water Containing Fluoride.](#)" In your post, several inaccurate claims are made about the safety of bottled water and a list of International Bottled Water Association (IBWA) members who sell bottled water with added fluoride is presented without of any helpful context. I request that you update your post to reflect the fact that bottled water is a safe, reliable, and healthy packaged beverage and that you provide accurate, factual information to your readers about the safety of fluoridated bottled water.

For consumers who want fluoride in their drinking water and wish to choose bottled water, approximately 20 IBWA member companies make clearly-labeled fluoridated bottled water products under stringent FDA guidelines. This list, to which you refer in your post, can be found on [IBWA's website](#). Not all bottled water products from these brands contain added fluoride, and all the bottled water products sold by IBWA members meet the strict guidelines for spring and purified bottled water set forth by U.S. Food and Drug Administration (FDA). You should also know that detailed information about fluoride in bottled water can also be found on our website [here](#).

Bottled water companies must follow fluoride labeling requirements should fluoride be added to the product. In addition, the FDA sets limits on the amount of fluoride in bottled water, whether added or naturally occurring (*21C.F.R. §165.110(b)(4)(ii)(A-D)*).

There are many sources of fluoride, and the amount of fluoride exposure varies greatly by community and individual. Approximately two-thirds of communities in the United States fluoridate their public drinking water supplies. Those who live in communities that do not fluoridate public drinking water, who get their drinking water from wells, or who filter their fluoridated tap water will not be getting fluoride in their drinking water. Fluoride is present in many foods and beverages and almost all toothpaste contains fluoride. Too much exposure to fluoride can lead to a condition called fluorosis, which results in stains to the teeth. Consumers should therefore look at how much fluoride

they are receiving as part of an overall diet and should contact their health-care provider or dental-care provider for their recommendation.

Please feel free to contact me with any questions you may have.

Sincerely,

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