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<http://www.heinzsight.com.au/2009/08/voluntary-addition-of-fluoride-to-bottled-water.html>

CITY OF WINDSOR  
COUNCIL SERVICES

Aug 1st 11, 2009

JAN 24 2013

### **Voluntary addition of fluoride to bottled water**

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**Up until now, bottled or packaged water has not been permitted to contain added fluoride. This has now changed, with the recent approval by Food Standards Australia New Zealand (FSANZ) of the voluntary addition of fluoride to bottled or packaged water. Manufacturers will be able to add fluoride to a level similar to that in tap water ( 0.6-1.0mg/litre). As the addition is voluntary, unfluoridated bottled water will still be available. The label will indicate whether the water contains fluoride (1).**

Dietary Guidelines for Children and Adolescents in Australia recommend water as the best drink (2). Most tap water in Australia is fluoridated, as fluoride is important in the mineralization of bones and teeth. Fluoridated water is one of the primary reasons for the decline in tooth decay in Australian children over the last few decades. However it now appears that dental decay is again on the rise, with one of the reasons put forward being the replacement of fluoridated tap water with bottled water (3). Fluoridated bottled water will provide a nutritionally equivalent alternative for tap water, especially for those in non fluoridated areas.

Bottled water is often used to make up infant formula where the water supply may be questionable in terms of safety and purity. As fluoridated bottled water is equivalent to fluoridated tap water it may be used to make up infant formula. It must be prepared safely and hygienically and according to the manufacturers instructions. Parents and carers need to be made aware that spring, sparkling and soda water must not be used to prepare infant formula.

### **References.**

1. FSANZ. *Voluntary addition of fluoride to bottled water*. Fact Sheet July 2009 [www.foodstandards.gov.au/newsroom/factsheets](http://www.foodstandards.gov.au/newsroom/factsheets)

2. NHMRC. *Dietary Guidelines for children and adolescents in Australia*. Commonwealth of Australia 2003.

3. FSANZ. *Final Assessment Report May 2009 . Application A588. Voluntary addition of fluoride to packaged water.* [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

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