



Hi friends,

Fluoride has been having a *moment* lately – and not the good kind. More and more parents are asking, “Do we really need this in our toothpaste... and our water?” And honestly, it’s a great question.

Fluoride’s been used for years to help prevent cavities – but now people are starting to dig deeper. There are real concerns about overexposure, especially for kids, and some studies are even starting to explore links between fluoride and neurodevelopmental risks. It’s no wonder families are switching to natural alternatives.

At Frigo Ortho, we’re not here to fear-monger – we’re here to help you stay informed and empowered. Below are a couple of solid, science-backed resources if you want to do your own digging. Because what you put in your mouth every day *does* matter.

More on Fluoride: Why Some Families Are Ditching It

Fluoride has been added to our drinking water and used as an ingredient in toothpaste for decades, but parents (and TikTok scientists 😊) are starting to ask: *is it still the best option?*

Here are a couple of trusted sources that explore **why going fluoride-free might actually make sense** – especially for people looking for a cleaner, more natural approach to oral care:

- ◆ [Healthline - The Pros and Cons of Fluoride Toothpaste](#)

This article breaks down why fluoride became the default in the first place – and why many are now choosing to skip it. It explores real concerns like overexposure in kids, the risk of dental fluorosis, and why some ingredients in fluoride-free pastes might be safer and just as effective.

- ◆ [American Dental Association - Fluoride Overview](#)

Even the ADA, a longtime supporter of fluoride, acknowledges that good oral hygiene and smart choices can make fluoride-free living a healthy option – especially if you're mindful about what you're using and eating.

- ◆ [National Toxicology Program - Fluoride Exposure and Children's IQ Scores](#)

A comprehensive review by the U.S. National Toxicology Program analyzed 74 studies and found a consistent association between higher fluoride exposure and lower IQ scores in children. Notably, even fluoride levels below the World Health Organization's guideline of 1.5 mg/L were linked to cognitive effects, raising concerns about the safety of current fluoride standards.

What we're using...



Dr. Tung's Smart Floss

Pro tip: Unlike waxed or Teflon-coated flosses, this one is free from PFAS and stretches slightly for better plaque removal.

Pro vs. Con: Natural floss tends to be thicker and less slick than coated floss, but it's safer for



Tom's of Maine Antiplaque Whitening Fluoride Free Toothpaste

Why it's a standout: It's gentle, freshens breath, and is safe for all ages.

Bonus Fact: Tom's uses natural calcium and silica to gently clean teeth – no fluoride, no nonsense.



Lumineux Whitening Strips

Why we love them:

Enamel-safe and peroxide-free, these strips use natural ingredients like coconut oil and lemon peel oil.

Good for: Anyone looking for a non-toxic whitening solution that won't cause sensitivity.

long-term use and the environment.

[Find it here](#)

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TheraBreath Fresh Breath Oral Rinse

No more spice: This alcohol-free mouthwash knocks out bad breath without the harsh burn.

Did You Know? Most mouthwashes use alcohol to kill bacteria, but that can dry your mouth out. TheraBreath uses oxygen-based compounds to neutralize odors gently – and it's safe for teens and sensitive gums.

[Find it here](#)



Banyan Botanicals Tongue Cleaner

Bye bye bad breath: A simple tool with major benefits – scrapes off odor-causing buildup and helps freshen breath fast.

Added Bonus: Specially designed and made in the U.S. A. with premium quality stainless steel, which makes this tongue scraper far superior to a plastic tongue scraper or a tongue brush.

[Find it here](#)



Frigo Mints™

Made with a special patented formula invented by Dr. Frigo himself that is proven to **prevent cavities:** Frigo mints are fresh, clean, and ortho-safe – made to leave your breath feeling as good as your smile looks.

AND.... Frigo Mints are specially formulated to be sugar-free and bracket-friendly, so they won't mess with your appliances or your enamel. Plus, they taste really, really good - you can trust us on that one ;).

[Find it here](#)

Weekly Transformation



Before & After: This young patient came to us with severe crowding and misalignment. With early orthodontic intervention, including expanders and braces, we achieved a beautifully aligned smile and healthy bite in under two years.

We just want to say thank you again for being part of the Frigo Ortho family. Whether you're visiting us for early guidance, a brand new smile, or just stopping by for tips and mints – we're so glad you're with us.

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P.S. Some of the products we share – like our very own Frigo Mints™ – help support our practice when you purchase them. We only ever recommend things we genuinely use and love.

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