

# DO YOU KNOW WHAT IS BEING USED IN YOUR MOUTH?



~50% of the weight  
of dental amalgam  
is mercury.

Mercury is one of the  
most toxic elements  
on earth.



Chewing hot food  
triggers release of  
mercury vapors  
from dental fillings.

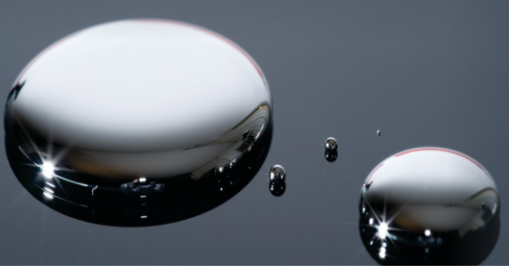


Use of mercury in  
clinics leads to  
entry of mercury  
into air, water,  
land and our  
food chain



Mercury is a  
neurotoxin which  
reaches  
vital organs in the  
body and causes  
neuron-degenerative  
diseases!

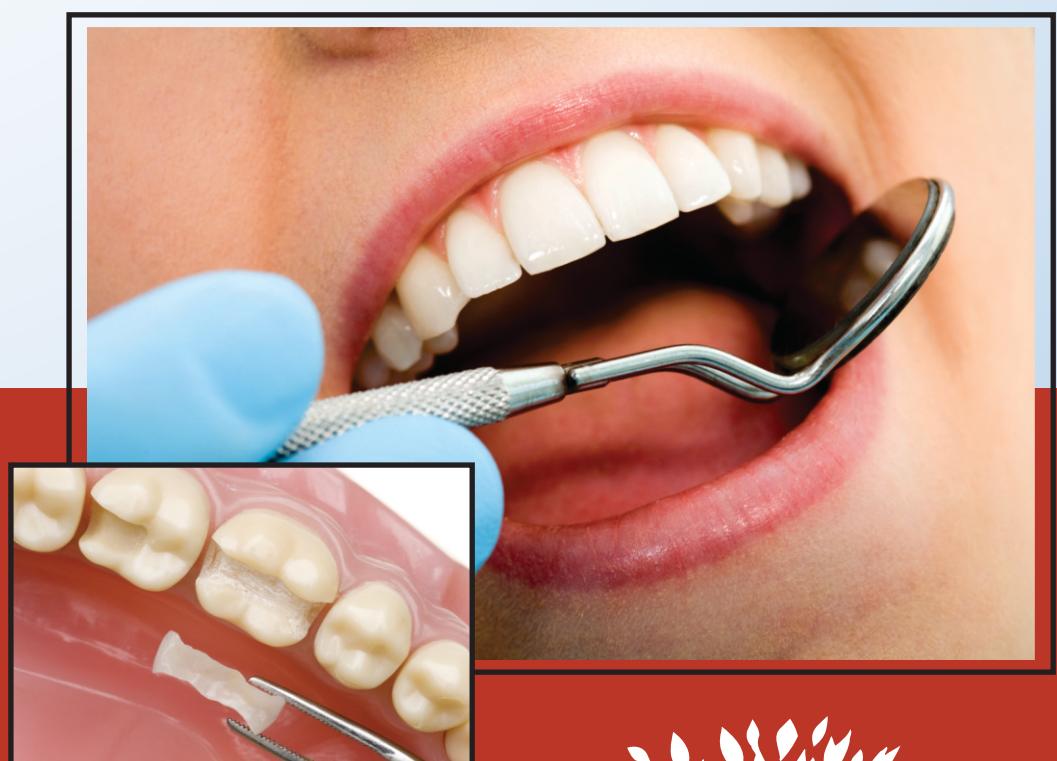
**SAY NO** to  
**MERCURY**  
FILLINGS



**Always prefer mercury free alternatives  
to be safe and go green**

**Ask your dentist for mercury free filling which is:**

- Tooth colored.
- Inert, (unlike amalgam which leaches at a constant rate).
- Minimally invasive (conservative tooth preparation)
- Safe for the environment.



Toxics Link  
for a toxics-free world