1. Fluoride content of water and soil of endemic area of Punjab is estimated and found to be high.
2. A nutritional survey indicates dietary deficiency of animal proteins and vitamin C in the people of this area.
3. Concentration of water fluoride is of greater significance than other constituents of diet because the amount of fluoride in these is not much different from that of normal.
4. Most of the routine biochemical investigations do not indicate any abnormality in patients of fluorosis.
5. Concentration of fluoride in blood, urine, bone and enamel of teeth is not an index of the disease.
6. The functions of thyroid may not be impaired in fluorosis, but there may be slight renal insufficiency.
7. The pigment of mottled teeth may be an organic substance, similar in nature to the one excreted in the urine.
8. The inorganic constituents of fluorotic bone are not changed but the concentration of collagen in it is less than normal. This decreased amount of collagen is not due to destructive effect of fluoride, but it may be due to decreased biosynthesis.
9. Decreased amount of citric acid in bone may be a factor to cause its mass to increase.
10. Age and hard manual labour may be important factors
in the causation of this disease.

11. Increased amount of the excretion of phenolic compounds and greater retention of extra-dietary vitamin 'C' are indicative of its deficiency.

12. An imbalance between organic and inorganic constituents of bone may be the cause of pathological condition. The vitamin 'C' may restore the imbalanced condition to normal state. It, therefore, reduces the toxic effects of fluoride.