

Fun

with

Fluoride!

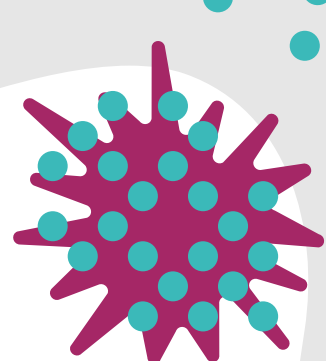
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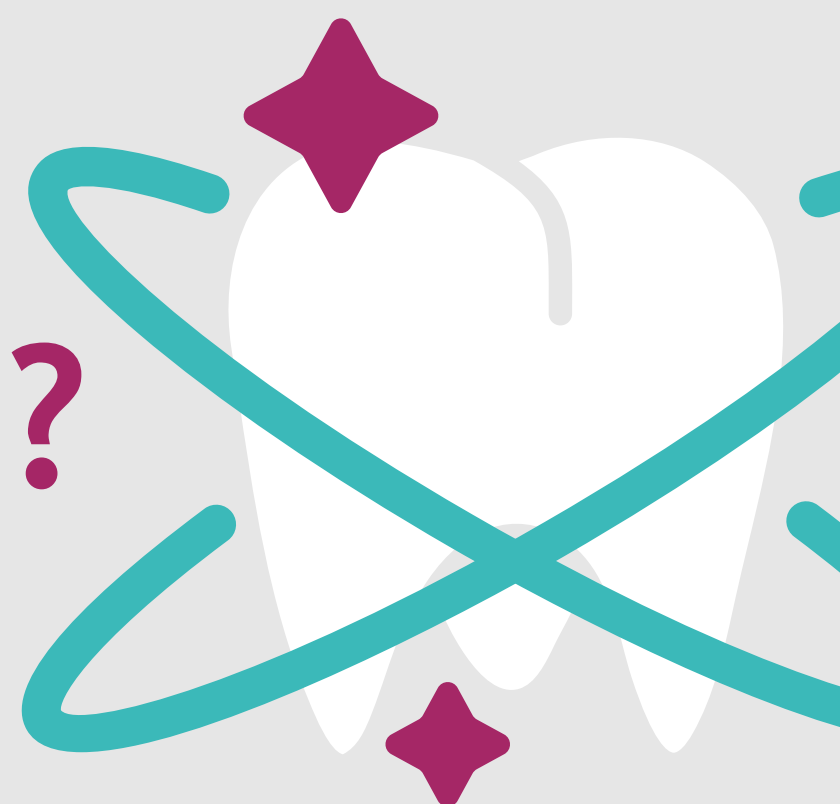


Demineralization

Acid, plaque, & bacteria strip away minerals from teeth daily

What is Fluoride?

A naturally-occurring mineral that helps remineralize teeth & prevent cavities



Where is it found?

Naturally & Fortified

Low doses found in water, soil, rocks, & food

Higher doses added to public water supplies & oral care products



72% of US Homes



have fluoridated tap water

Fluoride Reduces



tooth decay by **20-40%**

How does it work?

Absorbed by enamel



Combined with calcium & phosphate



Fluorapatite



Remineralization



STRONGER, DECAY-RESISTANT TEETH!

Is it safe?

65 years of studies say yes!

OVER **65** YEARS



What about fluorosis?

Fluoridated tap water does not contain a high enough dose to cause fluorosis. Small children should be monitored while using fluoridated oral products to prevent swallowing excessive amounts.



Fluoride is most important for kids whose teeth are still developing



SOURCES:

<https://www.mouthhealthy.org/en/az-topics/f/fluoride>
https://www.adha.org/resources-docs/7253_Fluoride_Facts.pdf
<https://ilikemyteeth.org/fluoridation/fluoride-myths-facts/>