

FLUORIDE



MAIN FUNCTIONS

- Structural component of bones and teeth
- Prevents dental cavities by:
 - » Promoting tooth mineralization
 - » Inhibiting the activity of acid-producing bacteria that cause tooth decay

GOOD SOURCES

Water

- Fluoridated Water, 1 cup (8 ounces), 0.2-0.3 mg



mg = milligrams

Tea

- Black Tea, 1 cup (8 ounces), 0.2-0.5 mg



DAILY RECOMMENDATION

4

mg

Men

3

mg

Women

SPECIAL NOTES

- Dental products are also a source of fluoride.
- Claims that fluoride increases the risk of several chronic diseases are not supported by extensive scientific research.