

# Fluoride facts

Fluoride plays an **important role in achieving good oral health**.  
Let's learn about its benefits and how you can get it every day.



## Fluoride helps keep your teeth healthy

- Strengthens tooth enamel
- Fights acid attacks from bacteria and sugars
- Helps stop plaque build-up
- Can reverse tooth decay



## Where do we get fluoride?

- Fluoride is a mineral
- Some foods and beverages, such as seafood, juice, grapes, raisins and potatoes
- Tap water and some bottled water
- Most toothpastes and gels
- Fluoride varnishes



## Not all water is alike

- Fluoridated tap water is the best source of fluoride
- Some bottled water contains fluoride
- Home water treatment systems can remove 65–100% of the fluoride in tap water



## Use only what you need

- A pea-size of toothpaste is all you need
- Don't swallow toothpaste – spit it out!
- Go to the dentist 2-4 times a year for fluoride applications