

Fluoride

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INFOSHIELD®

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FLUORIDE HELPS PREVENT TOOTH DECAY (cavities) by strengthening the enamel (outer layer) on your teeth. Fluoride can help young teeth develop tough enamel and can also help restore the strength of the enamel on mature teeth.

Where is fluoride found?

Fluoride is found in many toothpaste brands, mouthwash, some supplements and specific dental treatments. Fluoride is also present in drinking water, which provides the benefits of fluoride to a large number of people.

But due to the recent popularity of bottled and filtered water, many people are receiving less fluoride than in previous years.

To prevent tooth decay:

- If you regularly drink bottled or filtered water, or water from a well, you may not be getting enough fluoride for your teeth.
- Choose bottled water that has a higher fluoride concentration - bottled water lists this on the printed label.
- Use a toothpaste or mouthwash that has a higher level of fluoride.

April is Dental Health Month.

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