**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

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

**DAILY RECOMMENDATION**

- **Men**: 4 mg
- **Women**: 3 mg

**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.