

# FLUORIDE



Oregon State University  
Linus Pauling Institute

## 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.