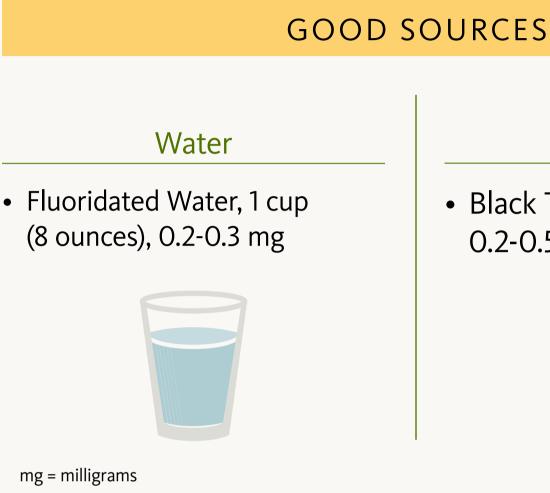
FLUORIDE



MAIN FUNCTIONS

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



DAILY RECOMMENDATION 3 4 mg mg Men 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.

Oregon State University Linus Pauling Institute



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





© 2017 Linus Pauling Institute