

- Fluoride can be toxic in high levels
- It is important to know how much fluoride you are exposed to
- It is especially important to know how much fluoride exposure children are receiving
- Don't see what you are looking for? Send an e-mail to info@d-p-s.uk.com and maybe we can add it



Get the facts on this controversial topic.

Talk with your paediatrician about whether your child should receive fluoride supplements. Supplements often are recommended if your drinking water does not provide enough fluoride to strengthen teeth as they develop.

How much fluoride is enough? The American Dental Association, American Academy of Paediatrics and American Academy of Paediatric Dentistry have developed this table as a guide

for when children should be given fluoride supplements.

Fluoride Ion Level in Drinking Water in Parts Per Million (ppm)

Less than 0.3 ppm

0.3 to 0.6 ppm

More than 0.6 ppm

Less than 6 months

No supplementation

No supplementation

No supplementation

6 months to 3 years

0.25 mg/day

No supplementation

No supplementation

3 years to 6 years

0.5 mg/day

0.25 mg/day

No supplementation

6 years to 16 years

0.1 mg/day

0.25 mg/day

No supplementation

For reference:

1 ppm = 1 mg per litre of water

1 ppm = 0.5 mg per pint (16 ounces) of water

1 ppm = 0.25 mg per cup (8 ounces) of water

1 gram of fluoridated toothpaste contains about 1 mg of fluoride

Your home's water isn't the only thing to think about, however. Many children drink water from other places, such as a child care provider, school or grandparents' house. In addition, other beverages and many foods contain fluoride as well.

Most bottled water doesn't contain fluoride. But some bottled, fluoridated water is marketed specifically to children. It is possible to ingest too much fluoride. The most common result is a condition called fluorosis, in which the teeth have white spots or streaks on them. Severe fluorosis can create pits in the teeth and gray, black or brown spots. Sometimes the enamel is misshapen.