



Is Fluoride Safe?

YES.

Studies conducted for more than 65 years have consistently shown that fluoride is safe and very effective at preventing tooth decay in both adults and children. The American Dental Association, the U.S. Centers for Disease Control and Prevention, and the American Academy of Pediatric Dentistry, among dozens of other groups, all support the benefits of fluoride in reducing tooth decay.



Other Ways to Keep Your Mouth Healthy

BRUSH



TIMES PER DAY



2



with a
**FLUORIDATED
TOOTHPASTE**



LIMIT sugary snacks and drinks,
such as candy and soda



CHOOSE WATER
(especially fluoridated water)
or milk instead of
sugary drinks



FLOSS
daily



Visit your
DENTIST
regularly



Learn more about the oral
health benefits of fluoride at

massdental.org/fluoride