

## Fluoride Health Effects

Fluoride is a naturally occurring mineral. The public is exposed to fluoride through air, food, drinking water and soil. However, in most cases, fluoride is ingested through water consumption and the improper consumption of fluoridated toothpastes or supplements.

**Low levels of fluorides can help prevent dental cavities.** In children, when used appropriately, fluoride is both safe and effective in preventing and controlling cavities.

If some fluoride is good, why isn't more fluoride better? As with most medications, including vitamins and mineral supplements, too much can be harmful. At very high concentrations of fluoride, the teeth can become more fragile and sometimes can break.

Too much fluoride before 8 years of age can cause enamel fluorosis, a discoloring or mottling of the permanent teeth. Most cases are due to inappropriate use of fluoride-containing dental products, including toothpastes and mouth rinses. Some children get adequate fluoride from other sources such as their tap water. Many municipal water systems fluoridate their water supplies; the recommended level of fluoride is around 1 ppm.

Since fluoride is naturally occurring, residents obtaining their water from a private well should have their water tested at least once to determine if children are receiving too little or too much fluoride. If too little, a dentist can recommend the proper supplement dosage.

Columbia Laboratories can provide fluoride testing which will help medical professionals make specific recommendations for proper fluoride treatment. For more information, please contact Customer Service at [info@columbialaboratories.com](mailto:info@columbialaboratories.com) or call (503) 254-1794.

Parameter	MCL/mg/L	PHS*/mg/L	Analytical Method
Fluoride	4	0.7-1.2	EPA 300.0

*mg/L = milligrams per liter is equivalent to parts per million (ppm).*

*EPA's Maximum Contaminant Level (MCL) - the maximum permissible level of a contaminant in water delivered to users of a public water system.*

*\* The recommended level for the prevention of tooth decay, since 1962 by Public Health Service (PHS) | References: Agency of Toxic Substances and Disease Registry. <http://www.atsdr.cdc.gov/az/a.html>*