

#1 **F**luoride.

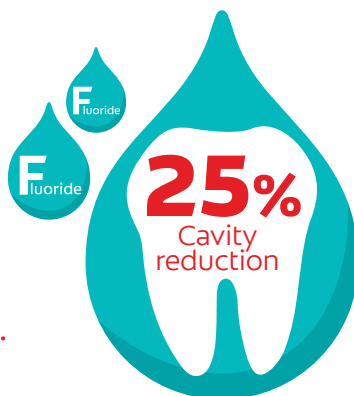
Fighting cavities for
over 50 years.

There has been some false
information circulating about
fluoride.

This brochure will tell you the facts so you
can keep your teeth strong. 😊

FACT:

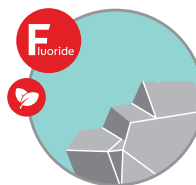
Water fluoridation
reduces cavities
by at **least 25%** in
children and adults.



Fiction **F**act

Fluoride is
a chemical.

Fluoride is not an
artificial chemical.
It occurs naturally
in rocks, rivers,
lakes, and the sea.



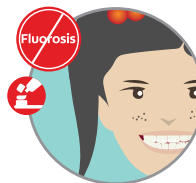
Fluoride is
toxic and
poisonous.

Fluoride
toothpaste
has been used
safely in kids and
adults for over
50 years.



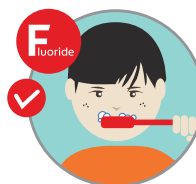
Fluoride
toothpastes
cause
fluorosis.

The small amount
of fluoride that
kids may swallow
while brushing
should not lead
to fluorosis.



Fluoride
isn't safe
for kids.

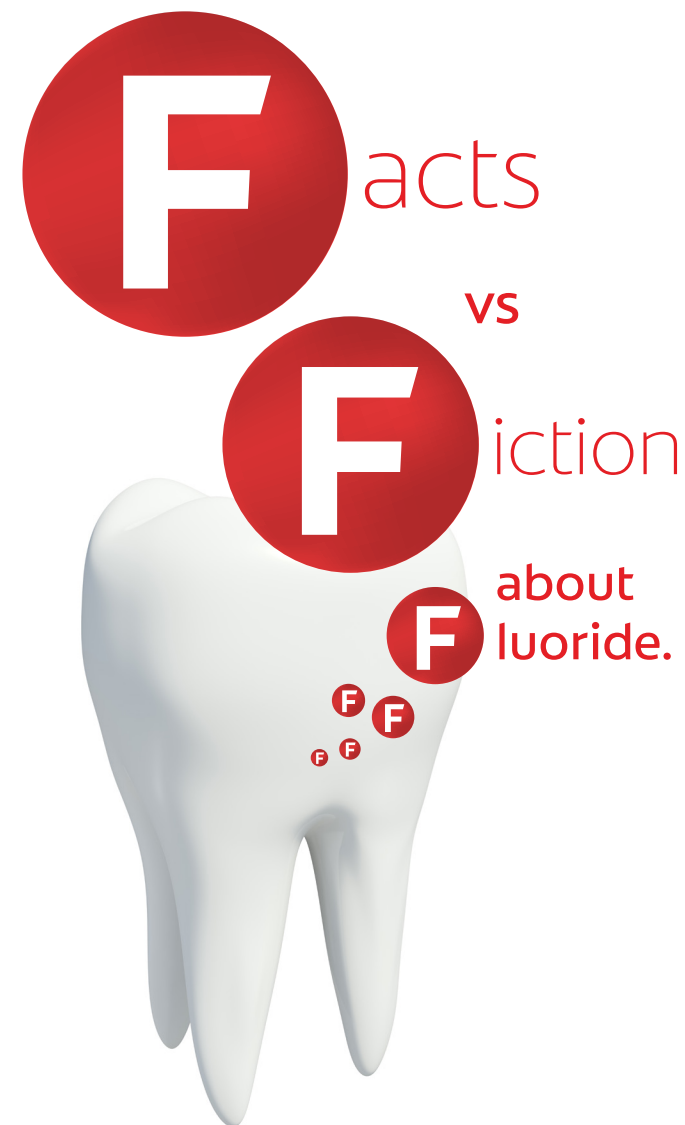
Fluoride is safe
for kids when
used as directed.



For more information about fluoride,
visit acffglobal.org



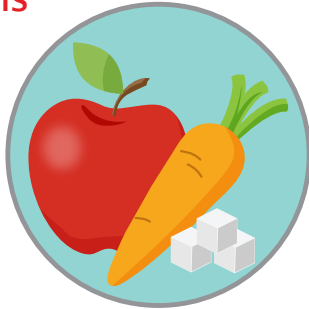
Stop Caries NOW for a
Cavity-Free Future



Why do we need fluoride?

Because everyone is at risk for cavities.

Sugar is in everything we eat, even healthy foods like fruits and vegetables...



...and the bacteria living on our teeth use this sugar to grow and produce acids that attack our teeth which can lead to cavities.



Fluoride fights cavities and protects our teeth.



Prevents cavities



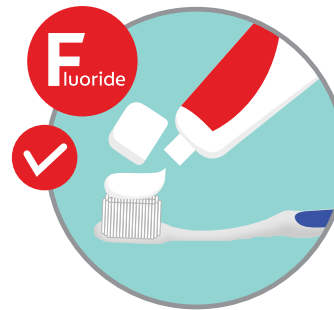
Strengthens tooth enamel



Fact-based answers to frequently asked questions:

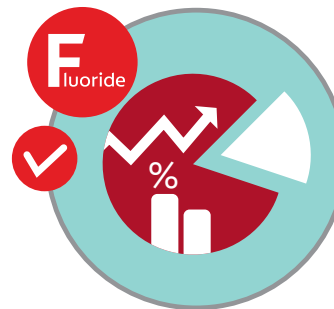
Is fluoride safe?

Yes, fluoride has been safely used in children and adults for more than 50 years.



Should I use a fluoride-free toothpaste?

Fluoride toothpastes have the most evidence of fighting cavities in adults and children.



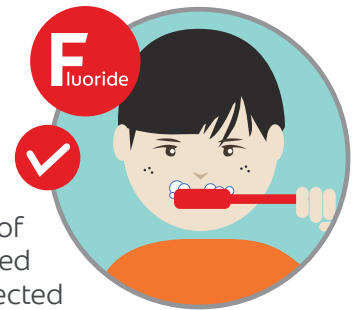
Stop Caries NOW for a Cavity-Free Future

Can my child use a fluoride toothpaste?

Yes absolutely.

Fluoride Toothpaste is recommended for all ages to fight cavities.

Children under 8 years of age should be supervised when brushing and directed to spit out toothpaste.



Does fluoride prevent white spots in people with braces?

Yes.

Fluoride strengthens parts of the teeth surrounding braces, which keeps teeth the same colour when braces are removed.

