

# FACTS ABOUT FLUORIDE!

1

Fluoride is an essential mineral that helps prevent tooth decay, cavities, and protects the enamel of teeth.

2

Fluoride helps reduce plaque bacteria's ability to produce acid, which attacks the enamel.

3

Fluoride is found in fluoridated water, NOT in bottled water.

4

Fluoridated toothpaste is an easy way to protect kids' teeth!

5

Fluoride can be found in foods and beverages, and will then coat the teeth for further protection!

Want to learn more? Contact Bethesda Dental Specialties at 301-654-3011

