Busting the Myths About Fluoride

4 Things That Dentists Wish You Knew
From the #1 Dentist & Hygienist Recommended Fluoride Brand*

**MYTH** Fluoride is a dangerous chemical

The FACTS:
Fluoride occurs naturally and is nature’s cavity fighter¹²
Fluoride is a natural element that has been added to drinking water and used to fight cavities for over 70 years. Studies show it can reduce dental health problems and lower dental costs.

**MYTH** Adults don’t need fluoride

The FACTS:
Fluoride is even more important as you get older³
Over time, the foods you eat, dental work and conditions like dry mouth increase your chances of getting a cavity. That means fluoride is essential to dental health as you get older.

**MYTH** Rinse with water after brushing and flossing

The FACTS:
The ADA recommends rinsing with a fluoride mouthwash⁴
Finish strong with a fluoride rinse to deliver fluoride in places brushing may miss. Here’s what the ADA recommends:
• Brush with a fluoride toothpaste
• Floss away remaining food particles
• Rinse with a fluoride mouthwash

**MYTH** It’s fine if cavities form in baby teeth⁵

The FACTS:
Cavities can harm your child’s developing adult teeth⁵
The bacteria that cause cavities can harm your child’s developing adult teeth. Fluoride helps strengthen teeth and helps prevent cavities.

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