

Facts about fluoride

What your dental professional wants you to know



Fluoride Facts

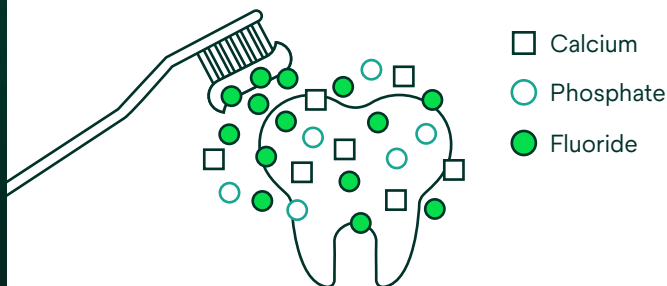
What is fluoride?

Fluoride is a naturally-occurring mineral found in soil, plants, air and water. It is the only mineral proven to help prevent tooth decay¹ — which is why many communities add a low level of fluoride to their drinking water.

How does fluoride help teeth?

Teeth are made of minerals, including calcium and phosphate. Any time you eat or drink something acidic or sugary, these minerals can break down and cavities can form.

Fluoride interrupts the breakdown process: it holds onto calcium and phosphate in the mouth, giving teeth the materials they need to rebuild — all while making teeth stronger and more resistant to decay.



Is fluoride safe?

Yes! Fluoride has been proven safe and effective in preventing tooth decay and has been used to promote strong teeth for over 70 years. It's also recognized and recommended by the American Dental Association (ADA), Centers for Disease Control (CDC), and Food and Drug Administration (FDA).^{1,2}

¹Weyant, Robert J., et al. "Topical Fluoride for Caries Prevention." The Journal of the American Dental Association 2013; 144(11): 1279–1291.

²"CFR - Code of Federal Regulations Title 21." Accessdata.fda.gov, 1 Apr. 2018.



If I'm at risk for tooth decay, what can I do?

First things first: talk to your dentist or dental hygienist about the best solution for your risk level. They may recommend:

- An in-office fluoride treatment, professionally applied 2-4 times a year
- An at-home, prescription strength fluoride toothpaste, with more fluoride than over-the-counter options — but used just like regular toothpaste

How do I know if I'm at risk for tooth decay and cavities?

Many factors can increase your risk of tooth decay. You may be at a higher risk if you have:



- A high-acid, high-sugar diet
- A history of cavities
- Lost teeth due to cavities
- Orthodontic brackets



- Dry mouth caused by medication or medical conditions
- Inconsistent oral hygiene habits

Why would my dentist recommend fluoride?

Everyone has *some* risk of tooth decay. But the higher your risk level, the more care (and fluoride) your teeth need.

People at a moderate to high risk of cavities can benefit from an in-office fluoride treatment 2-4 times a year. Your dental professional may offer several different types of fluoride treatments — including new options that may be faster and more comfortable than traditional gels or varnishes!

Between your dentist's care and your own at-home routine, you can help give your teeth the protection they need — regardless of your risk level.



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