

# Fluoride helps protect your teeth.

Talk to a dentist, doctor, or pharmacist about your specific fluoride needs.

Fluoride is a natural mineral that helps protect your teeth and bones. It is naturally found in water, rocks, plants, and soil. Some foods also have small amounts of natural fluoride.

## Do you need fluoride?

Your body needs some fluoride for healthy teeth, but not too much. Everyone's situation is different. The amount that's right for you depends on:

- Your age.
- Your overall health.
- The amount of fluoride in your drinking water.
- Your dental history and needs.



Utah Department of  
**Health & Human**  
Services

Revised April, 2025

Most people in Utah live in an area where there **isn't** enough natural fluoride in the water to protect their teeth. It's important to **talk with a dentist, doctor, or pharmacist about how to best protect your teeth.** You may need to add fluoride through supplements (pills or drops), varnish, toothpaste, or mouth rinse.

## **How does fluoride work?**

Teeth are covered in a hard, outer coating called enamel. Enamel helps protect your teeth from cavities. Bacteria called dental plaque build up on your teeth. The bacteria produce acids that can harm the enamel on your teeth and cause cavities. Fluoride helps strengthen tooth enamel and protects against cavities. Fluoride can also help keep the bones around your teeth strong and healthy.

## **How do you know how much natural fluoride is in your drinking water?**

Call your local water district or city to ask what the natural fluoride levels are in your drinking water.



Visit the Utah Department of Environmental Quality (DEQ) [drinking water system webpage](#) to see which local water district serves your house.

## **What if you have a private well?**

You will need to have your well water tested by a private company or certified lab for natural fluoride.