

Should you use fluoride toothpaste?

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.

Teeth are covered in a hard outer coating called enamel. Fluoride helps strengthen tooth enamel and protects against cavities. Fluoride can also help keep the bones around your teeth strong and healthy.

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.



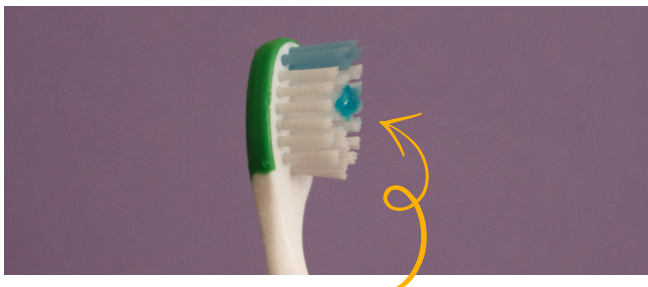
Utah Department of
Health & Human
Services

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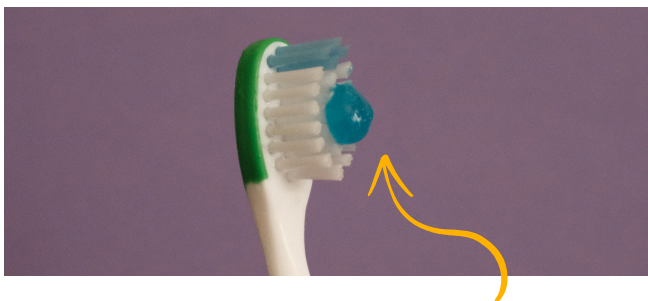
Fluoride toothpaste helps prevent cavities.

All toothpaste helps remove plaque or bacteria from your teeth. Plaque is what causes cavities, gum disease, and tooth decay. Toothpaste with fluoride helps remove plaque **and** makes tooth enamel stronger. Most toothpaste sold in the U.S. has fluoride in it.

- Start to brush your baby's teeth as soon as they break through the gums.
- Help your child brush their teeth 2 times a day, in the morning and before bed.



For **children younger than 3**, use a tiny amount of fluoride toothpaste to brush their teeth—about the size of a grain of rice.



For **children 3 to 6 years of age**, use a small amount of fluoride toothpaste (about the size of a pea).