

Do you need a fluoride varnish?

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 varnishes help protect your teeth.

A dentist or doctor may apply fluoride directly on your teeth (called a topical fluoride application).

- Children age 6 months and older should have fluoride varnish applied to their teeth 2 to 4 times a year.
- Fluoride varnish is a quick, painless, and effective way to help prevent cavities in children and adults.

