

Do you need a fluoride supplement?

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 supplements help protect your teeth.

Fluoride supplements (also called dietary fluoride supplements) help prevent tooth decay. They come in pills, tablets, drops, or lozenges. **You must have a prescription** for fluoride supplements.

- Parents of children age 6 months to 16 years who live in areas with less than 0.6 milligrams per liter (mg/L) of fluoride in the water should talk to a dentist, healthcare provider, or pharmacist to help you decide if your child should take a fluoride supplement.
- Adults may need fluoride supplements if they are at high risk of tooth decay or have certain bone diseases.

How much do fluoride supplements cost?

It depends on the type of fluoride supplement or treatment. Most dental or health insurance plans help pay for these.

- Utah Medicaid reimburses the cost of fluoride varnish up to 4 times each year for children **younger than 5** years as part of a **well-child exam** (can be applied by a doctor) or at a **dental check-up** (by a dentist).
- Utah Medicaid also reimburses the cost of fluoride varnish up to 4 times each year for **children 5 years and older and adults**, but only when applied by a **dentist**, not a doctor.

Fluoride supplements may cost as little as \$4 a month. Some fluoride treatments are given at a dentist's office and costs usually start around \$25. Ask a pharmacist or dentist if there are any coupons or discounts to help cover the cost.