

# Fluoride facts and supporting scientific evidence

## Professional In-Office and Take-Home Products

### What are the benefits of professional fluoride products?

The ADA Center for Evidence-Based Dentistry and a panel of experts convened by the ADA Council on Scientific Affairs developed clinical recommendations for use of professionally applied or prescription strength, home-use topical fluorides for caries prevention in patients at high risk of developing caries.

The Panel also determined that patients at low risk of developing caries may receive additional benefit from application of topical fluorides beyond that achieved from their daily use of over-the-counter fluoridated toothpaste and consumption of fluoridated water.

Source: [www.ada.org/resources/ada-library/oral-health-topics/fluoride-topical-and-systemic-supplements](http://www.ada.org/resources/ada-library/oral-health-topics/fluoride-topical-and-systemic-supplements)

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### Prescription strength toothpaste

The World Health Organization (WHO) promotes fluoride toothpaste as a key strategy for dental caries prevention. The WHO recommends using high-fluoride toothpaste (5000ppm) for individuals at high risk of caries, root dentine caries, or in supervised community settings. These high-fluoride toothpastes are often regulated as drugs and require a prescription.

Source: [cdn.who.int/media/docs/default-source/essential-medicines/2021-eml-expert-committee/applicationsfor-addition-of-new-medicines/a.14\\_fluoride-toothpaste.pdf](http://cdn.who.int/media/docs/default-source/essential-medicines/2021-eml-expert-committee/applicationsfor-addition-of-new-medicines/a.14_fluoride-toothpaste.pdf)

**Is prescription strength toothpaste suitable for children?** Yes, 5000 ppm toothpaste is indicated for children 6 years and older that are at high risk of caries. Supervised use for children under age 12 is recommended to prevent swallowing. Please see the Prescribing Information for more information.

**Can patients use prescription strength fluoride toothpaste if their tap water is fluoridated?**

Yes, because fluoride in toothpaste should not cause fluorosis with appropriate topical use when used as directed.



## Fluoride varnish

An ADA panel recommended application of 2.26% fluoride (5% sodium fluoride) varnish for patients 6 years and older who are at high risk of caries.

<https://www.ada.org/resources/research/science/evidence-based-dental-research/topical-fluoride-clinical-practice-guideline/>

## Mouthwash and mouth rinse

The ADA recommends prescription strength mouth rinse (0.2% neutral sodium fluoride) for caries prevention in patients at elevated risk who are 6 years or older.

Source: [www.ada.org/resources/ada-library/oral-health-topics/caries-risk-assessment-and-management](http://www.ada.org/resources/ada-library/oral-health-topics/caries-risk-assessment-and-management)

Mouth rinses provide a lower concentration of fluoride exposure compared with gels and varnishes. Prescription mouth rinses may be prescribed for those at high risk of tooth decay.

Source: [www.aadocr.org/science-policy/topical-fluoride-position-statement](http://www.aadocr.org/science-policy/topical-fluoride-position-statement)

## Fluoride occurs naturally in the foods & drinks we consume



**F- = 2.02 ppm**



**F- = 1.05 ppm**



**F- = 3.73 ppm**



**F- = 0.55 ppm**



**F- = 0.69 ppm**



**F- = 1.66 ppm**

Source: USDA National Fluoride Database of Selected Beverages and Foods, Release 2