

iMedix: Your Personal Health Advisor.

FLUORIDE

Search for medical details concerning FLUORIDE on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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Description

Uses & Effectiveness Effective for Cavities. Using fluoride in toothpaste, mouthwash, and other dental products, or consuming it in drinking water, reduces the risk of cavities in both baby teeth and permanent teeth. But it's not clear if taking fluoride supplements by mouth offers these benefits. **Overview** Fluoride is a form of the chemical element fluorine. It occurs naturally in nature and is found in body tissues containing calcium, such as bones and teeth. Fluoride protects teeth from the bacteria in plaque. It also promotes new bone formation. This is different than most medicines used for weak bones (osteoporosis), which fight osteoporosis by keeping bone from being broken down. People commonly use fluoride to prevent cavities. It is also used for tooth plaque, a mild form of gum disease (gingivitis), osteoporosis, and many other conditions, but there is no good scientific evidence to support most of its other uses. The FDA warns that swallowing too much toothpaste can increase the risk for tooth staining. But this is likely more of a concern with long-term use rather than accidentally swallowing it just once. Also, starting June 2022, fluoride levels in bottled water cannot exceed 0.7 mg per liter and must be declared on the label. Fluoride, commonly known for its oral health benefits, is found naturally in the earth's crust and is added to water supplies in many countries to help prevent tooth decay. However, excessive fluoride consumption can lead to dental fluorosis, a condition that causes discoloration and pitting of the teeth. **Side Effects** When taken by mouth: Fluoride is commonly consumed in public drinking water. It is likely safe when consumed in doses below the tolerable upper intake level (UL) of 10 mg of elemental fluoride daily. Taking high doses, long-term can weaken bones and ligaments, and cause muscle weakness and nervous system problems. When applied to the teeth: Fluoride is likely safe when used in toothpastes and mouthwashes, and when applied by dentists. **Interactions** We currently have no information for FLUORIDE overview. **Special Precautions and Warnings** When taken by mouth: Fluoride is commonly consumed in public drinking water. It is likely safe when consumed in doses below the tolerable upper intake level (UL) of 10 mg of elemental fluoride daily. Taking high doses, long-term can weaken bones and ligaments, and cause muscle weakness and nervous system problems. When applied to the teeth: Fluoride is likely safe when used in toothpastes and mouthwashes, and when applied by dentists. **Pregnancy and breast-feeding:** Fluoride is commonly consumed in public drinking water. It is likely safe when consumed in doses below the upper tolerable intake level of 10 mg daily and when applied directly to the teeth in toothpastes and mouthwashes while pregnant or breast-feeding. But using higher doses is possibly unsafe and can weaken bones and ligaments, and cause muscle weakness and nervous system problems. **Children:** Fluoride is commonly consumed in public water supplies. It is likely safe when

consumed in doses below the daily upper tolerable intake level. These doses are set by age: 0.7 mg for 0-6 months, 0.9 mg for 7-12 months, 1.3 mg for 1-3 years, 2.2 mg for 4-8 years, and 10 mg for children 8 years and older. It is also likely safe when applied directly to the teeth in toothpastes and mouthwashes. But consuming higher amounts of fluoride is possibly unsafe. Children under six should only use a pea-sized amount of fluoride-containing toothpaste, just in case they swallow some. For infants under 6 months of age, drinking water that is high in natural fluoride should not be mixed with infant formula. Dosing In the US, most public water sources contain low amounts of added fluoride to prevent dental cavities. It is also sometimes added to bottled water. It's recommended that females 18 years and older consume 3 mg of fluoride daily. It's recommended that males 18 years of age consume 3 mg, and males 19 years and older consume 4 mg daily. Recommended amounts for children depend on age. Fluoride is also commonly used in toothpastes, mouthwashes, and other dental products. Speak with a healthcare provider to find out what dose or product might be best for a specific condition.

Side Effects

Uses

Interactions

Other Details
