

# SMILE, BECAUSE YOU CAN

**For 70 years, people in the United States have enjoyed the benefits of drinking water with fluoride.**

Fluoride is a mineral that has been proven to prevent and stop cavities by keeping teeth strong. In fact, drinking water with fluoride can reduce cavities by about 25 percent, saving you time and money in dental visits and costs. Adding fluoride to drinking water has been shown to be safe for all these years.

**Fluoride in water. 70 years and going strong. At a faucet near you.**

**Visit [CDC.gov/Fluoridation](https://www.cdc.gov/Fluoridation) for more information.**

