

WATER WITH FLUORIDE BUILDS A FOUNDATION FOR HEALTHY TEETH



Brush with
fluoride toothpaste.

Visit the dentist
regularly.

Drink water
with fluoride.

In fact, drinking water with fluoride can reduce cavities by about 25 percent, saving you and your family time and money in dental visits and costs. Adding fluoride to drinking water has been shown to be safe for over 75 years.

Be sure you and your family drink water with fluoride to build a strong foundation for your teeth.

Visit www.CDC.gov/Fluoridation



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention