

MAJOR MINERALS

Fluoride

Fluoride is a naturally occurring mineral that, when consumed in appropriate amounts, can have benefits for the body, particularly for dental health. Its primary role is related to dental and oral health. Fluoride tends to accumulate in a mixture of both healthy and unhealthy foods including tea, coffee, shellfish, grapes (raisins, wine, grape juice), artificial sweeteners, sodas, potatoes, flavoured ice lollies, baby foods, broths, stews, and hot cereals made with tap water.

If fluoride fortified water is used to make these foods and drinks, they will contain even more fluoride. Fluoride is commonly added to public water supplies in many countries as a public health measure to improve dental health. The optimal level of fluoride in drinking water is carefully regulated to ensure that it provides dental benefits without causing harm.

Some benefits include:

Dental Health

Fluoride helps to strengthen and remineralise tooth enamel, making teeth more resistant to acid and decay.

Preventing Tooth Decay

Fluoride helps to prevent tooth decay and cavities, especially when it's incorporated into tooth enamel.

Repairing Early Dental Lesions

Fluoride can reverse the early stages of tooth decay by promoting remineralisation.

Reducing Tooth Sensitivity

Fluoride can help reduce tooth sensitivity, making it more comfortable to eat and drink.

RDA

Adults - 0.7 mg / litre of water

