**MAIN FUNCTIONS**

- Structural component of bones and teeth
- Prevents dental cavities by:
  - Promoting tooth mineralization
  - Inhibiting the activity of acid-producing bacteria that cause tooth decay

**GOOD SOURCES**

<table>
<thead>
<tr>
<th>Water</th>
<th>Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluoridated Water, 1 cup</td>
<td>Black Tea, 1 cup</td>
</tr>
<tr>
<td>(8 ounces), 0.2-0.3 mg</td>
<td>(8 ounces), 0.2-0.5 mg</td>
</tr>
</tbody>
</table>

**DAILY RECOMMENDATION**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>Women</td>
</tr>
<tr>
<td>4 mg</td>
<td>3 mg</td>
</tr>
</tbody>
</table>

**SPECIAL NOTES**

- Dental products are also a source of fluoride.
- Claims that fluoride increases the risk of several chronic diseases are not supported by extensive scientific research.