



Bottled Water & Home Filtering Systems



Fluoride is important for strengthening teeth and preventing cavities – The American Dental Association recommended fluoride level in drinking water is from 0.7 to 1.2 parts per million (ppm).

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| Bottled water: | brands differ in their fluoride content (see chart below) |
| Reverse osmosis water filtering system: | can remove almost all of the fluoride from the tap water (EVEN in communities where fluoride has been previously added) |
| Simple charcoal water filtering system: | does <u>not</u> remove fluoride from the water supply |
| Pitcher filtering system: (Brita, Pur Plus) | does <u>not</u> remove fluoride from the water supply |
| Tap water filters: (Moen PureTouch filters – mount in faucet or under the sink and have varying filtering capabilities) | does <u>not</u> remove fluoride from the water supply |

The figure below indicates the fluoride concentration in 24 brands of bottled water

| Fluoride Concentration | | | Recommended daily water consumption (8oz. glass size) |
|------------------------|-------------|----------------|--|
| Low | Moderate | High | |
| Heart Of Tuscany | Saratoga | Artic Polar | Adults– 8 glasses per day Children Age 3 & under. ¼ liter – 1 glass Age 3–6 yrs. old. ½ liter – 2 glasses Age 6 & over. 1 liter – 4 glasses |
| Poland Springs | Shaw's | Crystal Geyser | |
| Belmont Springs | Star Market | Ice Mountain | |
| Neumasket | Naya | Ramlosa | |
| | | Nursery | |
| Simpson Springs | Perrier | | |
| Spring Hill Farm | Aqua Cool | | |
| Evian | Spareal | | |
| Balsam Spring | Volvic | | |
| Hennizz | Stop & Shop | | |
| Triton Spring Water | Tipperary | | |

Source: Journal of Pedodontics, RDH Magazine, Journal of the American Dental Association, 2003

In households where fluoride is naturally occurring (i.e. some well water) or added to the municipal water supply, no fluoride supplementation is necessary.

We advise our patients to research the bottled water, home filtering systems and public water supply in their respective communities to assure accurate fluoride supplementation.

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