The magic of fluoride

Fluoride is so good for your teeth that it's almost magical. Pretty rockin', huh? Let's see why.

What is fluoride?

Fluoride is a natural mineral that is found in most water and some foods.

Where does fluoride come from?

Fluoride comes from rocks.
Yes, rocks!

Why is fluoride good for your teeth?

Some people call fluoride "nature's cavity fighter." Sounds like a superhero! Fluoride fights cavity-causing acids and makes the hard outer part of your teeth strong. That hard part is called enamel.

How do you get fluoride?

Your toothpaste usually has fluoride added. So make sure you always use fluoride toothpaste when you brush your teeth every single day. Just remember to spit out the toothpaste when you're done brushing.

Remember how some foods and water have fluoride? There usually isn't enough fluoride in them to fight those mean old cavities. That's why many towns add more fluoride to the water that comes out of the faucets. That's a pretty smart idea!

Your dentist may tell you that you need even more fluoride. The dentist can put a fluoride gel, foam or liquid on your teeth. Sometimes it's brushed on and other times the dentist applies it to a mouth guard that you put on your teeth for a few minutes.