

Fluoride: Small Solution. Big Benefits.

The **U.S. Department of Health and Human Services** announced a recommendation that community water systems adjust the amount of fluoride to **0.7 mg/L** to achieve an optimal fluoride level to help prevent tooth decay.

Just how much is 0.7 milligrams per liter of water? It's like ...



1 inch in 23 miles



1 minute in 1,000 days



1 cent in \$14,000

What difference does a little fluoride make? The public health benefits are big. Before water fluoridation children had about **3 times** as many cavities.

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