

# Dietary Fluoride Supplement Schedule



Approved by the  
 American Dental Association  
 American Academy of Pediatrics  
 American Academy of Pediatric Dentistry

## Fluoride ion level in drinking water (ppm)\*

Age	Less than 0.3 ppm	0.3 – 0.6 ppm	Greater than 0.6 ppm
Birth – 6 months	None	None	None
6 months – 3 years	0.25 mg/day**	None	None
3-6 years	0.50 mg/day	0.25 mg/day	None
6-16 years	1.0 mg/day	0.50 mg/day	None

\*1 part per million (ppm) = 1 milligram/liter (mg/L)

\*\* 2.2 mg sodium fluoride contains 1 mg fluoride ion.

It is suggested that only children living in non-fluoridated areas use dietary fluoride supplements between the ages of six months to 16 years. Your physician or dentist can prescribe the correct dosage for your child based on the following considerations.

Level of fluoride in your drinking water. If the fluoride level is not known, it should be tested first. State and local health departments can provide information on testing drinking water for fluoride levels.

A complete fluoride history should include all the your child's sources of fluoride. Don't forget all water sources, or the amount and frequency of fluoridated toothpaste used when toothbrushing.

If your child is to benefit from the cavity protection that dietary fluoride supplements can provide, long-term use on a daily basis is needed.



**Inter Tribal Council of Arizona, Inc.**  
**Dental Clinical and Prevention Support Center**  
 2214 N. Central Avenue, Suite 100  
 Phoenix, Arizona 85004  
 Phone: 602-307-1576 Fax: 602-258-4825

