

# HOW FLUORIDE WORKS

When fluoridated water is consumed while the bones and teeth are still growing, fluoride works in two ways.



Fluoride mixes with saliva to reach the surface of the teeth, where acid from bacteria in the mouth can cause damage. Fluoride heals that damage and shields teeth from further decay.



Fluoride is absorbed into the bloodstream through the stomach, and enters the teeth and bones.



Fluoride combines with the phosphate and calcium to create a strong barrier to protect teeth from cavities. Fluoride makes teeth stronger and able to withstand the acid produced by bacteria found in the mouth.