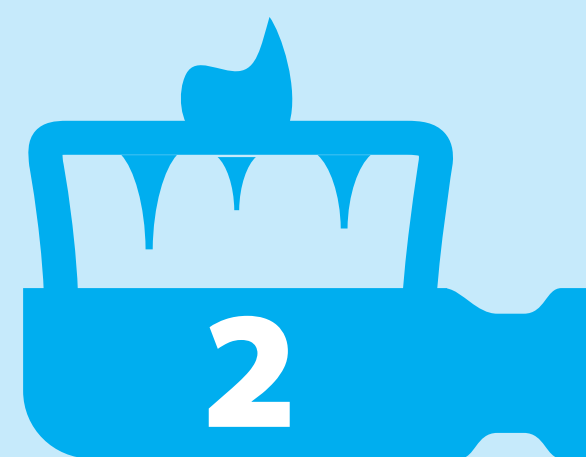


FLUORIDE: CAVITY FIGHTER

Children can maintain good oral health in 4 ways:



Drink water
that has fluoride



Brush twice
a day with the right
amount of fluoridated
toothpaste



Eat a healthy diet,
limiting sweet drinks,
sticky candies,
and snacks



Talk to your dentist
or doctor about
fluoride treatments

Fluoride is an important mineral for all children.
Talk to your dentist or doctor to learn more.

