

Water Fluoridation: What's the Fluoride Level in Tap Water vs. Bottled Water

Regulated by the Environmental Protection Agency

- Very strict regulations which makes it SAFE for everyone
- The optimal amount of fluoride in tap water is 0.7 mg/L
- All water has some natural level of fluoride
 - If natural levels are too high (3x the optimal), customers will be notified
- If fluoride is added, the water is tested daily

Cost

Around \$0.01 per gallon

Useful resources

My Water's Fluoride

nccd.cdc.gov/DOH_MWF/

Centers for Disease Control and Prevention

www.cdc.gov/fluoridation

Campaign for Dental Health

ilikemyteeth.org

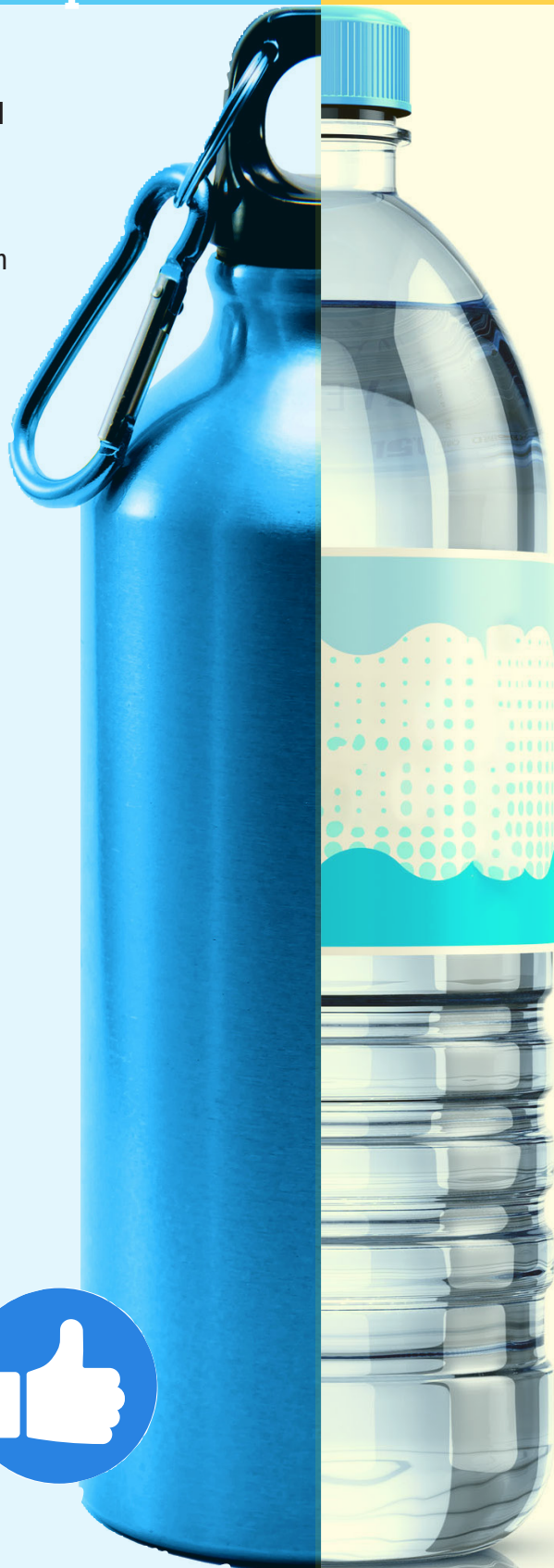
Contact information

Iowa Department of Public Health

1-866-528-4020

idph.iowa.gov/ohds/

oral-health-center/fluoride



Regulated by the Food and Drug Administration

- Minimal regulations
- No requirement for fluoride testing
- The amount of fluoride allowed in each bottle varies depending on the source water, whether the bottled water is imported, and the air temperature of where the bottled water is sold

Cost

Around \$7.00 per gallon—thousands of times more expensive than tap water

Imported Bottled Water Maximum Allowable Limit	
Fluoride Added	0.8 mg/L
No Fluoride Added	1.4 mg/L
Domestic Bottled Water Maximum Allowable Limit	
Fluoride Added	0.7 mg/L
No Fluoride Added	1.4-2.4 mg/L (depending on average air temperature)

Labeled

- De-ionized
 - Purified
 - Distilled
 - Spring/well: May or may not have fluoride
- } All fluoride removed

Unless it specifically states the level of fluoride, you assume there is no or very little fluoride present. Contact the bottler manufacturer for specific fluoride information.

Rethink Your Drink



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