



Dietary Supplements

Brief Summary

Description:

Dietary fluoride supplements are available as drops, lozenges, or tablets. Most supplements contain sodium fluoride (NaF) as the active ingredient. The recommendations for use of fluoride supplements vary across the world. The cost of supplements, the lack of motivation, poor compliance, and safety concerns among children should be considered when using this prevention method.

Use:

Fluoride supplements are available by prescription. It is recommended only for children who live in non-fluoridated communities between the ages of 6 months to 16 years. The amount and dose prescribed is based on age and level of fluoride in the drinking water.

Effectiveness:

Evidence is inconsistent. Caries reduction can be as high as 43%.

Safety:

The use of fluoride supplements in young children has been a controversial discussion. Based on the evidence on safety and effectiveness researchers believe that the ADA's current dosage schedule requires careful consideration.