

Fluoride Helps

Prevent Tooth Decay

Fluorine content in 1,000g of food (Unit:mg)



Green tea
0.1~0.7



Black tea
0.5~1.0



Sardine
8~19.2



Shellfish
1.5~1.



Miso
0.9~11.7



Seaweed
2.3~14.3



Mandarin
0.1~0.3



shrimp
4.9



Salt 25.9



Apple
0.2~0.8



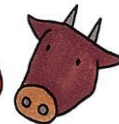
Japanese radish
0.7~1.9



Potato
0.8~2.8



Beef 2



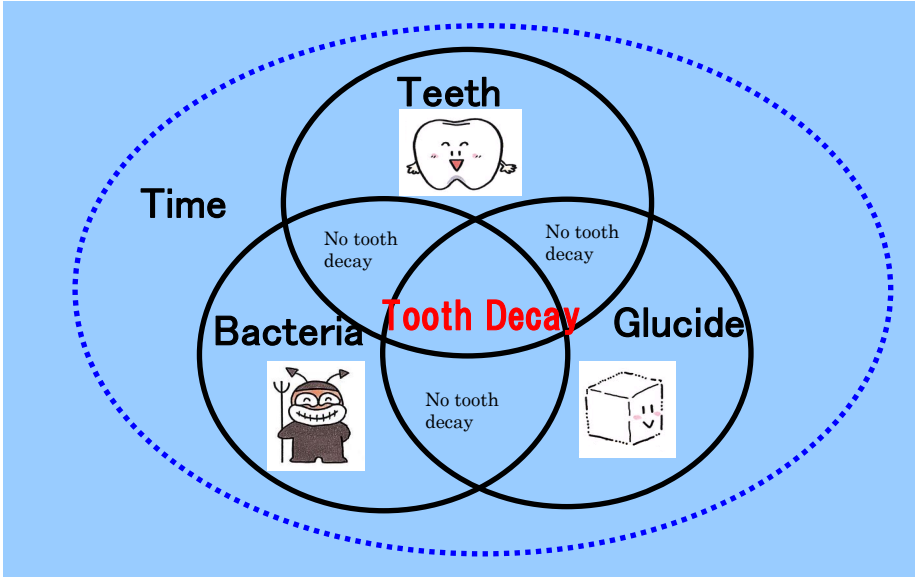
Carrot
0.5



Fluorine is an element contained in all kinds of things surrounding us. This includes seawater, river water, soil, trees, vegetables, fruits, beef, chicken, seafood, as well as our body. In short, fluorine is a substance found everywhere in the natural environment.

What causes tooth decay?

As illustrated by the figure below, tooth decay is caused by a combination of three factors and the failure to remove them for a certain length of time.



To prevent tooth decay, make sure that you avoid creating favorable conditions for tooth decay.

Bacteria



Control your dental plaque by brushing your teeth!



Teeth



Remineralize your teeth with fluoride!



Glucide



Choose snacks containing less sugar and have them only at a scheduled times!

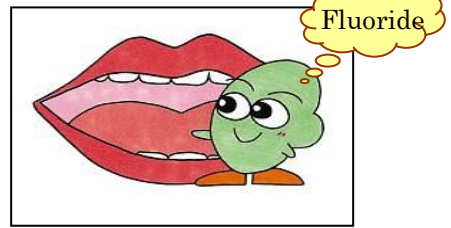
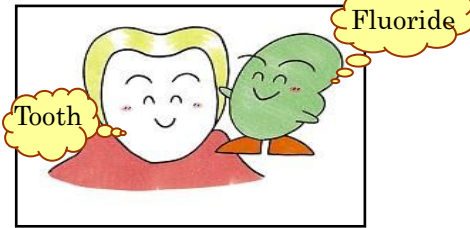


Fluoride's preventative effects against tooth decay!

Fluoride prevents tooth decay by acting on your teeth material and the environment in your mouth.

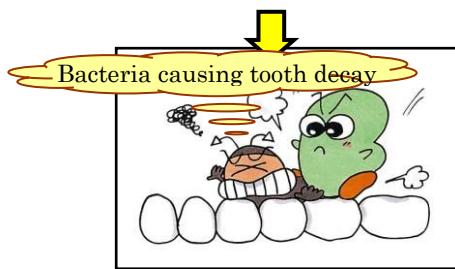
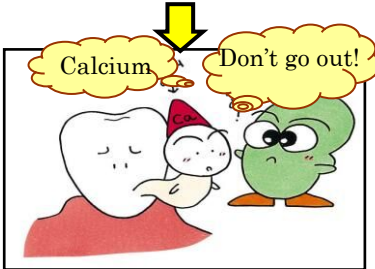
<Tooth material>

<Environment in your mouth>



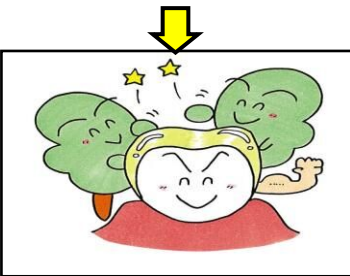
Acting on enamel

Acting on the environment in your mouth

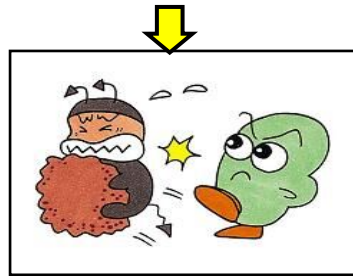


Facilitating the remineralization of tooth

Exerting antibacterial effects



Strengthening tooth material



Restraining cavity-causing bacteria's production of acid

Acid produced by cavity-causing bacteria dissolves calcium and other substances on the surface of teeth. Fluoride has the function of bringing back dissolved calcium and other substances into teeth, which is called "remineralization." Additionally, fluoride restrains cavity-causing bacteria's production of acid and the formation of plaque



Make good use of fluoride !

You can also use fluoride in various ways for good health. A combination of various methods enhances the beneficial effects of fluoride not only for teeth of children but also adults. Consult your local health care provider or regular dentist for details on the ideal ways to use fluoride according to age and situation

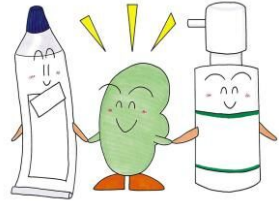
★ How to use fluoride



Apply fluoride to the surface of teeth



Rinse out your mouth with mouthwash containing fluoride



Use a tooth-brushing agent containing fluoride (including fluoride-containing spray)

★ Fluoride has a preventive effect against tooth decay in the following areas !



Between teeth



Effective in an area like this

Boundary between teeth and gums
Areas where the back teeth occlude

✳ Fluoride is effective for preventing tooth decay in areas that a toothbrush does not reach.

© Major organization that recommend using fluoride

- World Health Organization(WHO)
- World Dental Federation
- American Dental Association
- Japan Dental Association
- Japanese Association for Dental Science
- Ministry of Health, Labor and Welfare

