Guidelines for Prescribing Supplemental Fluoride

Questions to Ask
Before Prescribing a Fluoride Supplement

1. What is the source of the child’s drinking water – community water supply, private well, bottled water?

2. Is the child receiving fluoride from other sources – prescription, vitamins, school water?

3. How much fluoride is in the drinking water supply?

Who to Contact
For Fluoride Level in Drinking Water

1. Community Water Provider – Contact local water department or home owners’ association. You will need to know home address.

2. Regional Office of Idaho Department of Environmental Quality – List of Idaho Regional DEQ Offices follows. You will need to know name of subdivision.

3. Certified Drinking Water Analysis Laboratories – For private well water, it is necessary to have the water fluoride level tested before prescribing a fluoride supplement. Cost is $10-12. See telephone book yellow page listings under Laboratories – Analytical or view list at [www.deq.state.id.us/water/dw/water_analyses_labs.htm](http://www.deq.state.id.us/water/dw/water_analyses_labs.htm).

4. Bottled Water Company – The amount of fluoride in most bottled water is less than 0.3 parts per million, but some contain fluoride in the optimum range of 0.7 – 1.2 ppm. Current FDA regulations require that fluoride be listed on the label only if the bottler adds fluoride during processing.

5. My Water’s Fluoride – [http://apps.nccd.cdc.gov/MWF/Index.asp](http://apps.nccd.cdc.gov/MWF/Index.asp). This website is sponsored by the Centers for Disease Control and Prevention and will have Idaho water fluoride levels available for public access in the near future.

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**TABLE 1. Recommended dietary fluoride supplement* schedule**

<table>
<thead>
<tr>
<th>Age</th>
<th>Fluoride concentration in community drinking water*</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>&lt;0.3 ppm</td>
</tr>
<tr>
<td>0–6 months</td>
<td>None</td>
</tr>
<tr>
<td>6 months–3 years</td>
<td>0.25 mg/day</td>
</tr>
<tr>
<td>3–6 years</td>
<td>0.50 mg/day</td>
</tr>
<tr>
<td>6–16 years</td>
<td>1.0 mg/day</td>
</tr>
</tbody>
</table>

* Sodium fluoride (2.2 mg sodium fluoride contains 1 mg fluoride ion).

1.0 parts per million (ppm) = 1 mg/L.

**Sources:**


Reference

http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm