FLUORIDE: CAVITY FIGHTER
Children can maintain good oral health in 4 ways:

1. Drink water that has fluoride
2. Brush twice a day with the right amount of fluoridated toothpaste
3. Eat a healthy diet, limiting sweet drinks, sticky candies, and snacks
4. 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.

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