

**Why would my dentist recommend that I receive a product containing fluoride, calcium and phosphate? How do I know that this is valuable to me?**

The American Dental Association recommends that people at moderate to high risk of cavities receive an in-office fluoride treatment at least twice a year from their dental professional. This in-office treatment could be in the form of a gel or a tooth varnish. In addition, dentists recommend the use of high fluoride toothpaste at home for patients at risk of tooth decay. There are many studies and years of clinical experience to show that in-office and at-home application of fluoride, calcium and phosphate are beneficial to the health of your teeth.

Ask your dentist or dental hygienist if you would benefit from a product containing fluoride, calcium and phosphate. 3M, a leading manufacturer of dental products, provides a variety of preventive dental products, including 3M™ Clinpro™ Tooth Creme 0.21% Sodium Fluoride Anti-cavity Toothpaste, 3M™ Clinpro™ 5000 1.1% Sodium Fluoride Anti-cavity Toothpaste and 3M™ Vanish™ 5% Sodium Fluoride White Varnish.



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Applied to Life.™



**Extra fluoride:  
benefits for  
you at any age**

# Fluoride Facts

## How do I know if I am at risk for tooth decay and cavities?

You may be at increased risk if you:

- Have a history of recent or frequent tooth decay
- Wear orthodontic braces or have other oral appliances
- Do not floss your teeth
- Have gum recession
- Produce less saliva due to medication, radiation treatment or disease
- Eat frequent meals or snacks
- Drink beverages that are acidic or high in sugar
- Have family members or caregivers with a history of tooth decay

## If I am at risk for tooth decay, what can I do?

Cavities can be reduced by the use of fluoride. Fluoride strengthens teeth by building tooth mineral.

Are you doing the best you can for your teeth?



## How does fluoride build tooth mineral?

Fluoride bonds with the natural tooth minerals of calcium and phosphate, resulting in stronger teeth.

## If teeth contain calcium and phosphate, do I need to use a dental product that has calcium and phosphate along with fluoride?

Cavities are caused by bacteria and acids that remove calcium and phosphate from the teeth. Fortunately, saliva contains calcium and phosphate, and this usually replaces the lost tooth minerals. However, if there isn't enough saliva, or if the saliva is low in calcium and phosphate, the tooth may not be able to replace the lost minerals. Using a dental product that contains fluoride, calcium and phosphate assures you that you are doing the best you can for your teeth.

## What types of dental products contain fluoride, calcium and phosphate?

Your dentist or dental hygienist can recommend a toothpaste that contains fluoride, calcium and phosphate for you to use at home each day. This toothpaste is different from any toothpaste you can buy at the drugstore. The product your dental professional recommends contains more than four times the amount of fluoride of regular toothpaste in addition to calcium and phosphate. Your dentist or dental hygienist can also apply a high fluoride, calcium and phosphate-containing product to your teeth during your dental visit.