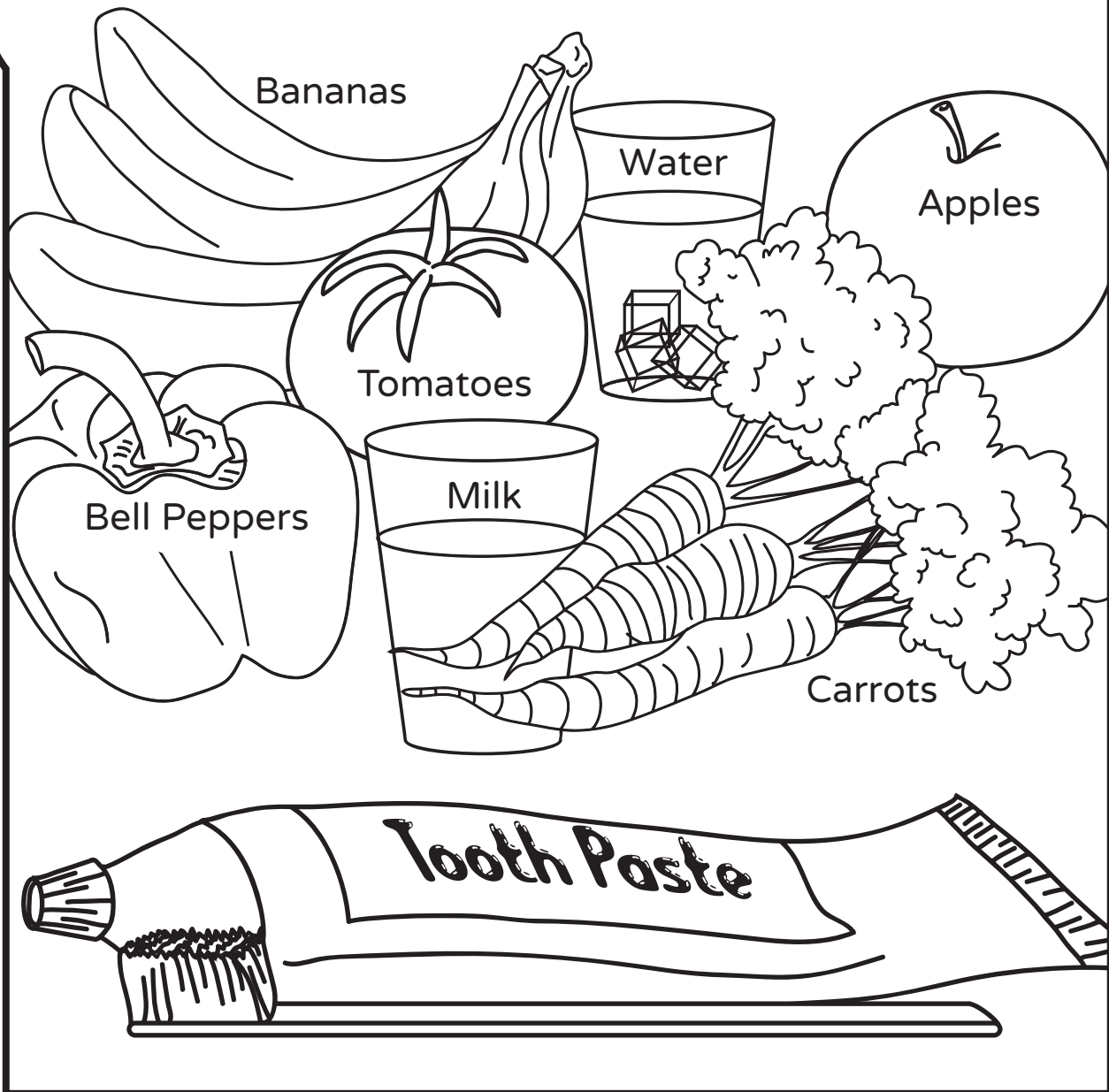




FLUORIDE

Fluoride is a natural mineral found throughout the earth's crust and is an important ingredient in toothpaste! Some foods contain fluoride, including these below!



Did you know?

The best toothpaste to use is one that has fluoride in it, because it helps keep your teeth healthy and prevents cavities. Have an adult help you find the right toothpaste for you!