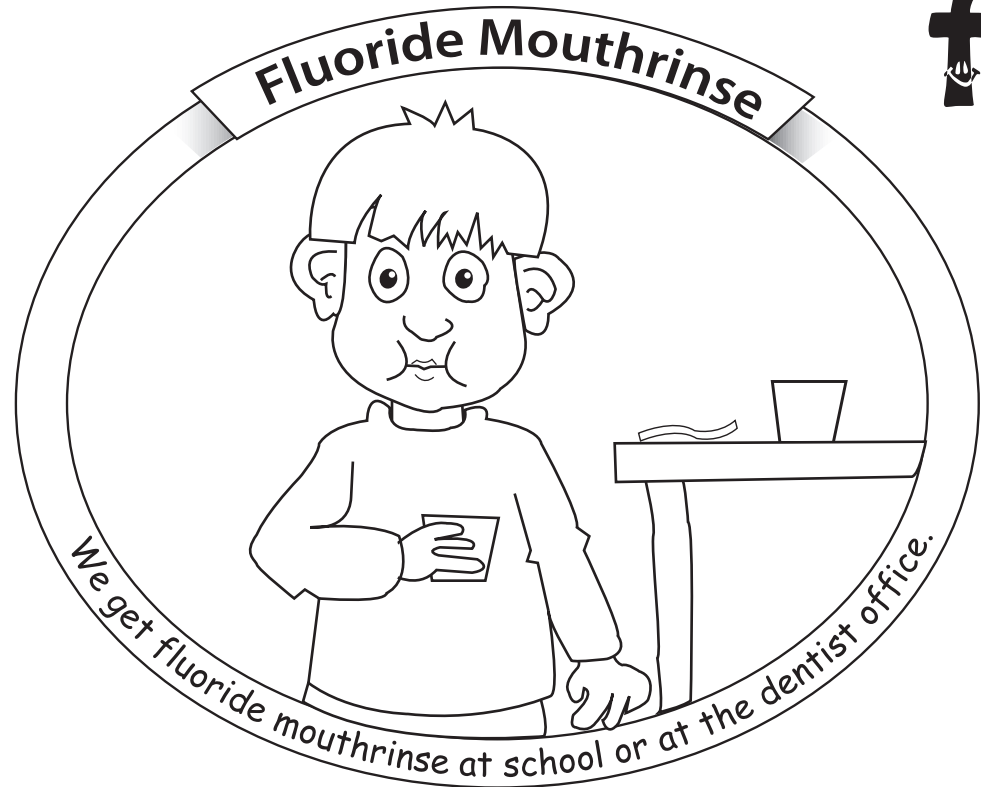


# How do we get Fluoride for our Teeth?

Fluoride Mouthrinse

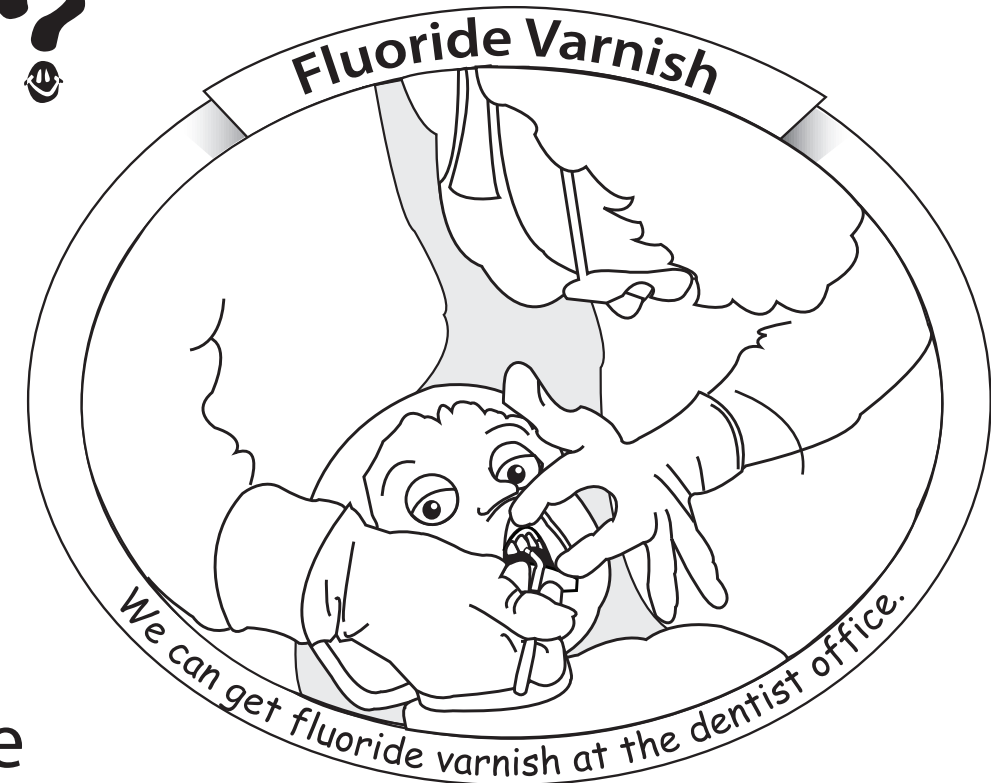


We all need fluoride for our teeth.  
Adults need fluoride too.

Fluoride makes teeth strong  
so they can fight decay  
and stay healthy.

Here are five ways we can get fluoride  
for our teeth.

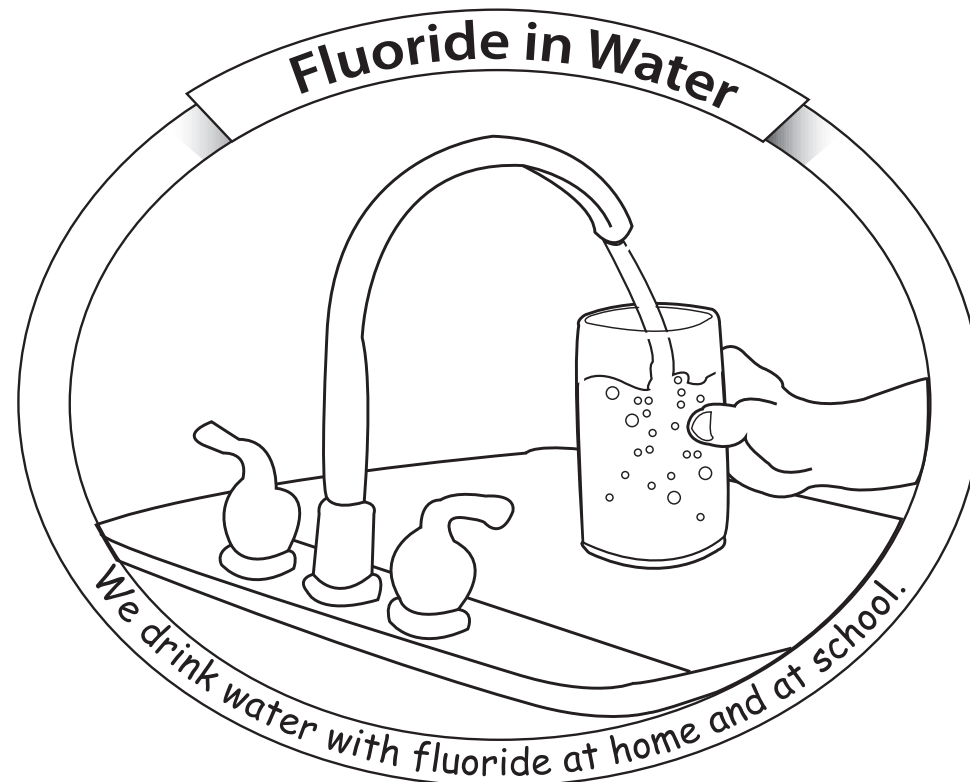
Fluoride Varnish



Fluoride Toothpaste



Fluoride in Water



Fluoride Gel

