

# Promoting Dental Health through Fluoride Toothpaste

**ADOPTED** by the FDI General Assembly **November, 2000** in **Paris, France**

**REVISED September, 2008** in **Stockholm, Sweden**

Fluoride toothpaste remains the most widespread and significant vehicle for fluoride used for the prevention of tooth decay. Its effectiveness has been confirmed since the 1950's in over one hundred clinical trials in children, adults and the elderly. Fluoride toothpaste is safe to use irrespective of low, normal or high exposure to fluoride from other sources.

FDI World Dental Federation strongly recommends the use of fluoride toothpaste for the prevention of dental decay. For effective and safe use:

- Fluoride toothpaste should be used twice a day.
- Specific recommendations concerning the use of fluoride toothpaste in children under 3 years of age should follow guidelines from the respective national authorities.
- Children under 6 years of age should brush with a pea-size amount of fluoride toothpaste and be supervised by an adult to ensure that toothpaste is not swallowed.

FDI urges all stakeholders, including governments, health professional associations, the education system, civil society and industry to take action to ensure that:

- populations understand the benefits of proper and twice-daily tooth brushing with fluoride toothpaste; and
- effective\* fluoride toothpaste is made universally accessible and affordable.

*\*Fluoride toothpaste should comply with the relevant standards including those defined by ISO 11609. In addition, within the expiry date, fluoride toothpaste must contain at least 70 percent of the total fluoride content as freely available fluoride.*