Fluoride works by applying it directly on the Tooth Surface.

We should not drink sunscreen or fluoride because...

- they are toxic to swallow
- they do not work by swallowing

US Centers for Disease Control

- "Its actions primarily are **topical for both adults and children.**" 1999

**IF** fluoridated water prevents cavities by applying it directly on the tooth surface:

**THEN** gargling with F water several times a day should be all that we need.

**THEN** why do we need the VERY HIGH fluoride concentrations in mouth wash and toothpaste?

**THEN** why are researchers now suggesting that we NOT rinse with water after topical applications because it lowers the concentration of fluoride from saliva?

**It is not logical to swallow Fluoride.**