Fluoride Concentration vs Intake (Dose) from Drinking Water

**Fluoride Concentration**

@ 0.7 ppm

= 0.7 mg

Daily Fluoride Intake (Dose)

1 Liter

Fluoride Concentration

@ 0.7 ppm

= 4.2 mg

Daily Fluoride Intake (Dose)

6 Liters
**National Research Council Review 2006**  
**Fluoride in Drinking Water**

**Daily Fluoride Intake from Drinking Water by Subgroups**  
Table 2-4  
Table B-4  

<table>
<thead>
<tr>
<th>Population Subgroup</th>
<th>Average Consumers</th>
<th></th>
<th>High Intake Consumers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Water Consumption per Day</td>
<td>Fluoride Intake per Day @ 0.7mg/litre</td>
<td>Water Consumption per Day</td>
<td>Fluoride Intake per Day @ 0.7mg/litre</td>
</tr>
<tr>
<td>Outdoor Workers, Athletes, Military 70 kg</td>
<td>3.5 litres</td>
<td>2.5 mg</td>
<td>4.9 litres</td>
<td>3.4 mg</td>
</tr>
<tr>
<td>Outdoor Workers, Athletes, Military 120 kg</td>
<td>6 litres</td>
<td>4.2 mg</td>
<td>8.4 litres</td>
<td>5.9 mg</td>
</tr>
<tr>
<td>Nephrogenic Diabetes 70 kg</td>
<td>3.5 litres</td>
<td>2.5 mg</td>
<td>10.5 litres</td>
<td>7.35 mg</td>
</tr>
<tr>
<td>Diabetes Mellitus 70 kg</td>
<td>3.5 litres</td>
<td>2.5 mg</td>
<td>4.9 litres</td>
<td>3.4 mg</td>
</tr>
<tr>
<td>Lactating Mothers</td>
<td>1.65 litres</td>
<td>1.2 mg</td>
<td>4.1 litres</td>
<td>2.8 mg</td>
</tr>
</tbody>
</table>

This only represents fluoride intake from drinking water.

Drinking water is the largest source of fluoride intake.

This does not represent fluoride intake from all sources. (e.g., foods, dental products, air, drugs)