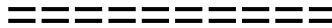


# Fluoride Concentration vs Intake (Dose) from Drinking Water



1 Liter

Fluoride Concentration  
**@ 0.7 ppm**  
**= 0.7 mg**  
Daily Fluoride Intake (Dose)



6 Liters

Fluoride Concentration  
**@ 0.7 ppm**  
**= 4.2 mg**  
Daily Fluoride Intake (Dose)

# National Research Council Review 2006

## Fluoride in Drinking Water

### Daily Fluoride Intake from Drinking Water by Subgroups

Table 2-4

[http://www.nap.edu/openbook.php?record\\_id=11571&page=35](http://www.nap.edu/openbook.php?record_id=11571&page=35)

Table B-4

[http://www.nap.edu/openbook.php?record\\_id=11571&page=422#p200111b79960422001](http://www.nap.edu/openbook.php?record_id=11571&page=422#p200111b79960422001)

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

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)