## ALL

## **P**ARENTS

## BULLETIN

- •Children between the ages of 6 months and 16 years may require fluoride supplements. Dr. Fern considers many different factors before recommending a fluoride supplement, including your child's age and the amount of naturally occurring fluoride in your water supply.
- •Fluoride supplements are most effective when there is a 2 hour window before and after eating or drinking any dairy and high calcium juices.