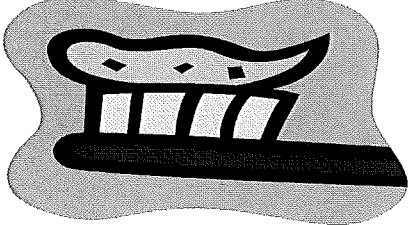


GUIDE TO FLUORIDE IN TOOTHPASTES,

The following table outlines the fluoride content of toothpastes. Normal adult toothpastes containing more than 1000ppm should be encouraged even for the youngest children.

This table is provided for information only and should not be seen as an endorsement of any particular brand.

HIGH FLUORIDE CONTENT		LOW FLUORIDE CONTENT	
Higher fluoride content gives better protection against decay		Low amounts or no fluoride gives limited or no protection against decay	
1,350 - 1,500 ppm	1,000 - 1,300 ppm	550 ppm	No fluoride
ALDI - Dentitex, whitening, freshmint total care	Aquafresh - Little teeth	Aquafresh Milk Teeth	Blanx
Aquafresh - Complete Care, fresh & Minty, Mild & Minty, Big teeth	ASDA - Kids Milk Teeth berry sparkle, Total Stripe	ASDA - Mild & Minty, Berry Sparkle	Biorepair
ASDA - Total Care	Boots - Total care, Basics	Boots - Babytooth gel, Smile	Boots fluoride free
Colgate - Total Advanced Fresh, Bicarb paste, Triple Cool, Fresh Stripe, ultra cavity Protection	Colgate - Oxygen, ultrabrite, Smiles 6+	Colgate Smiles 0-2, 2-6	Euthymol
Crest - Freshmint, Mildmint	Co-Op - Freshmint	Crest for Kids, Milk teeth	Kingfisher - Aloe vera
LIDL - Dentalux, Herb & Freshmint	Kingfisher - Fennel with fluoride	Sainsbury's Blue Parrot Berrylicious	Sensodyne original
Macleans - Total health, Freshmint, Coolmint	Marks & Spencer - Perfect		
Marks & Spencer - Protect	Mentadent P		
Mentadent SR	Morrisons - Kids Strawberry and milk teeth		
Morrisons - Total care	Oral B - Stages		
OHP 1450	OHP 1000		
Sainsbury's - Total care	Sainsbury's - tooth gel, Basics, Freshmint		

Signal	Tesco - Daily Care range, Freshmint, Minty Stripe, Value	
Tesco - Total Care, freshmint, Coolmint Stripe	Waitrose - Total care	

Remember that:

- Children under 3 years should use only a smear of toothpaste no less than 1,000ppm fluoride
- Brush last thing at night and on one other occasion
- Brushing should be supervised by an adult
- All children aged 3 - 6 years should use a pea size amount of toothpaste containing 1,350 - 1,500 ppm fluoride
- Spit out after brushing and do not rinse

For further information and advice on dentists accepting patients for NHS care and to make urgent appointments for people in pain who do not have a dentist call:

**Hampshire's Dental Helpline and Emergency Dental Service
0845 050 8345**

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