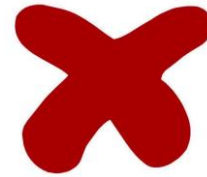
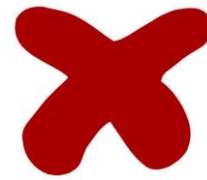
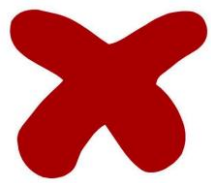


These toothpastes contain fluoride below the Ministry of Health's recommended levels:



These toothpastes meet the Ministry of Health's recommended fluoride levels:



## Fluoride toothpaste recommendations:

- In non-fluoridated areas (like South Canterbury) fluoride toothpaste is the prime method of preventing tooth decay. In fluoridated areas, it gives teeth extra protection.
- Toothpaste of at least 1000 parts per million (ppm) fluoride is recommended for all ages and should be used twice daily. Unfortunately toothpastes in NZ are often not labelled in ppm and the names 'sodium fluoride' or 'sodium monofluorophosphate' are used instead. 1000ppm fluoride equates to 0.22% sodium fluoride or 0.76% sodium monofluorophosphate.
- Child-strength fluoride toothpastes (like the ones overleaf) are not as effective at preventing dental decay as 1000ppm fluoride toothpastes.
- A smear of fluoride toothpaste is recommended for children under 6 years of age. From age 6 years, a pea-sized amount should be used:



- Children should be encouraged to spit out the toothpaste after brushing and not to rinse with water.
- Children should be supervised when using toothpaste and assisted to brush their teeth until they are eight years old.
- Toothpaste should not be eaten.

Information extracted from:

New Zealand Guidelines Group. *Guidelines for the use of fluorides*. Wellington: New Zealand Ministry of Health; 2009

New Zealand Dental Association. *Healthy Smile, Healthy Child: Oral Health Guide for Well Child Providers*. Auckland: New Zealand Dental Association; 2008

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