

# Systemic Fluoride Supplements:

## Recommended Dosage Schedule of the American Dental Association, the American Academy of Pediatric Dentistry and the American Academy of Pediatrics

AGE	Fluoride Ion Level In Drinking Water (ppm)*		
	<0.3ppm	0.3-0.6ppm	>0.6ppm
Birth-6 months	None	None	None
6 months-3 years	0.25mg/day	None	None
3-6 years	0.50mg/day	0.25mg/day	None
6-16 years	1.0mg/day	0.50mg/day	None

(\*1.0ppm=1mg/liter of fluoride ion in the drinking water)