

# DOES YOUR WATER CONTAIN FLUORIDE?



***We recommend that everyone in your household drinks water with fluoride.***

Philadelphia city tap water contains fluoride. Do you drink tap water in Philadelphia? Then you have the right amount of fluoride! Fluoride keeps your teeth healthy.

If you like bottled water, we recommend Arrowhead brand. It's the only brand on the market with an amount of fluoride that is closest to the recommended amount!

Brand	Company	Fluoride content
Arrowhead	Nestle Waters North America, Inc.	0.53-0.97 ppm

