



Suburban Property Inspections

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FLUORIDE FACT SHEET

Brief Overview:

Category:	Inorganic
Acceptable Level:	4.0 mg/L MCL, Secondary Drinking Water Standard
Source:	Natural occurring, Added to public water supply
Effect:	Short and Long-term Health Effects
Follow up:	Test for Fluoride
Treatment:	Distillation, reverse osmosis

Details:

Source: Fluoride can occur in drinking water naturally as a result of the geological composition of soils and bedrock. Some areas of the country have high levels of naturally occurring fluoride which can dissolve easily into ground water as it moves through gaps and pore spaces between rocks. Fluoride can also be added to public drinking water supplies as a public health measure for reducing cavities among the treated population.

Effect: Adults exposed to excessive consumption of fluoride over a lifetime may have increased likelihood of bone fractures, and may result in effects on bone leading to pain and tenderness. For effects to teeth, children are most likely to be affected by excessive exposure to fluoride because it impacts teeth while they are still in formative phases. Children aged 8 years and younger exposed to excessive amounts of fluoride have an increased chance of developing pits in the tooth enamel, along with a range of cosmetic effects to teeth. For prevention of tooth decay, the beneficial effects of fluoride extend throughout the life span.

Follow up: Treat and re-test for fluoride.

Treatment: The typical charcoal-based water filtration systems used in most homes do not remove fluoride from water. Boiling water does not remove fluoride. More costly distillation and reverse osmosis are treatment methods that have proven to be effective for removing fluoride to below 4.0 mg/L.

EPA currently has a non-enforceable recommended guideline for fluoride of 2.0 mg/L that is set to protect against cosmetic effects. If your home is served by a water system that has fluoride levels exceeding this recommended guideline, current EPA recommends that children should be provided with alternative sources of drinking water.

Following installation of this system, the consumer should have the treated water tested for fluoride to verify fluoride reduction is being achieved and the system is functioning properly.

For more information visit the USEPA web site: https://www.epa.gov/sites/production/files/2015-10/documents/2011_fluoride_questionsanswers.pdf

For further technical assistance, call Suburban Property Inspections at 1-866-866-6700, or call the U. S. Environmental Protection Agency Safe Drinking Water Hotline at 1-800-426-4791.



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