Table # 3

Fluoride Supplement Dosage Schedule

Approved by the American Dental Association Council on Scientific Affairs

	Fluoride Ion Level in Drinking Water (ppm)*		
Age	<0.3 ppm F	0.3 to 0.6 ppm F	> 0.6 ppm F
Birth–6 months	None	None	None
6 months–3 years	0.25 mg/day**	None	None
3–6 years	0.50 mg/day	0.25 mg/day	None
6–16 years	1.0 mg/day	0.50 mg/day	None

**1.0 part per million (ppm) = 1 milligram per liter (mg/l)*
*** 2.2 mg sodium fluoride contains 1 mg fluoride ion.*