Frequently asked questions

Is fluoride in toothpastes good for teeth?

The amount of fluoride added to toothpaste can retain only around 0-0.5 mg/day. However, in excess amounts of 2-3 mg/day, fluoride can become harmful for teeth.

What is the safety limit for fluoride?

Above 0.35 mg of fluoride per kg of body weight is considered unsafe. Using such numbers and looking at how much water people drink, an indicative number of 1 mg/l can be considered as the safety limit. However, note that for children, pregnant women and older people, the intake should be as less as possible.

How do I know if my water is safe for fluoride?

You can do a simple test using fluoride testing kits that are available at very low costs.

Is there a simple way to make out if a place is fluoride affected?

One can visit local schools and look at children’s teeth. The slight indications of typical stains on teeth in younger children and much more staining of teeth in children of age 6-7 and higher is indicative of fluorosis in the area. This can give you an initial guess. Also check for body pains, inability to bend down, even in younger people. Also, a permanent uneasiness and heaviness in the stomach for most people can give an initial indication.

Does RO work for removing fluoride?

Yes, Reverse Osmosis does remove fluoride, but it is always better to get the treated water tested.

How do I check if I have fluorosis?

You can get your blood and urine tested for fluoride, otherwise you may please contact us and we can put you in touch with a nearby medical practitioner who can do an initial checkup.

Can deformities from fluorosis be reversed?

Mostly, the bone deformities do not get reversed. However, there have been several reportings of mild changes after years of safe water and good nutrition. Also, several cases of children recovering better by detection and mitigation at an early stage have been reported.