

Home Water Filters and Fluoride

How does the use of home water filters affect my oral health?

Consumers who drink water solely from a filtration device are advised that they may not be receiving adequate amounts of fluoride. If an individual does not receive adequate amounts of fluoride, they may be missing out on its decay preventive effects (ADA, 2005).

What are the different types of home water filter systems?



There are two types of home water filter systems. The first type, a Point of Use (POU) filter, “typically treats water in batches and delivers water to a single tap, such as a kitchen sink faucet or an auxiliary faucet” (CDC, 2009). Examples of POU systems include pitchers, those installed on a faucet, or those installed near a sink. This system only treats water used from the faucet to which it is installed (ADA).

The second type of filter system is the Point of Entry (POE) system. This type of water treatment system “typically treats most of the water entering a residence” (CDC, 2009). POE systems are typically installed on the main water pipe that enters your home. The most common varieties of water filter systems include activated carbon filters, activated carbon filters that contain activated alumina, water softeners, charcoal filter, reverse osmosis, and water distillation. Some people have bulk water delivered to their homes. They should contact the company for information on the fluoride content of its water.



Why do people use home water filter systems?

People use home water filter systems for many reasons. Water filter systems help remove a bad taste and odor from water, some filters remove iron and other contaminants, and some filters soften the water by removing “hard” minerals.

Which water filter systems remove fluoride?

Activated Carbon Filter	Does not typically remove fluoride (CDC, 2008)
Activated Carbon filter w/ activated alumina	Removes over 80% of fluoride
Water Softener	Does not remove fluoride
Charcoal Filter	Does not remove fluoride
Reverse Osmosis	Removes up to 95% of fluoride
Water Distillation	Removes 100% of fluoride

Source: ADA. “Home Water Treatment Systems”.

References

- 1.) CDC. ©2009. www.cdc.gov/healthywater/drinking/travel/household_water_treatment.html.
- 2.) ADA. “Home Water Treatment Systems”. http://www.ada.org/sections/publicResources/pdfs/art_water_home.pdf
- 3.) CDC. ©2008. http://www.cdc.gov/fluoridation/fact_sheets/wellwater.htm
- 4.) ADA. “Fluoridation Facts”. ©2005 American Dental Association.