

Dear patients,

in April 2021, a scientific commission composed of pediatricians, dentists, midwives and nutritionists issued a joint statement on the subject of fluoride supplementation in infants.

According to the newest scientific evidence, infants should receive a daily fluoride supplement starting from the 2nd week of life, preferably together with the recommended Vitamin D supplement. Fluoride supplementation should continue until the child's teeth can be brushed with tooth-paste containing fluoride. Fluoride and Vitamin D administration is very well tolerated by children and does not contribute to baby colics. The administration of these two supplements in early infancy has been shown to be the most effective method for preventing tooth decay in later years.

The drinking water in Berlin and the surrounding areas has fluoride concentrations below the necessary level of 0.3 mg/l so that supplementation is necessary even in children receiving formula.

Children should not receive too much fluoride, however, which is why fluoride tablets should not be used together with fluoride toothpaste and care should be taken not to use too much toothpaste in young children: a grain-of-rice-sized amount is recommended until the end of the 2nd year of life, after that a pea-sized amount.

The joint statement (German) can be found online on the following website:

<https://www.gesund-ins-leben.de>

