

## Facts on Fluoride

The Public Works personnel are frequently asked about the amount of fluoride in Troutdale's water.

Troutdale does not add fluoride to its water, but because Troutdale's water comes from six ground water wells we do have a naturally occurring fluoride level within the city's water. This level varies from 0.1 to 0.3 ppm (parts per million).

Research studies indicate that fluoride levels of 1.0 ppm are optimum. Correct amounts of fluoride can be beneficial, too much fluoride can be detrimental.

Although our levels are safe, we still recommend consulting your dentist for the proper fluoride levels for you and your family.