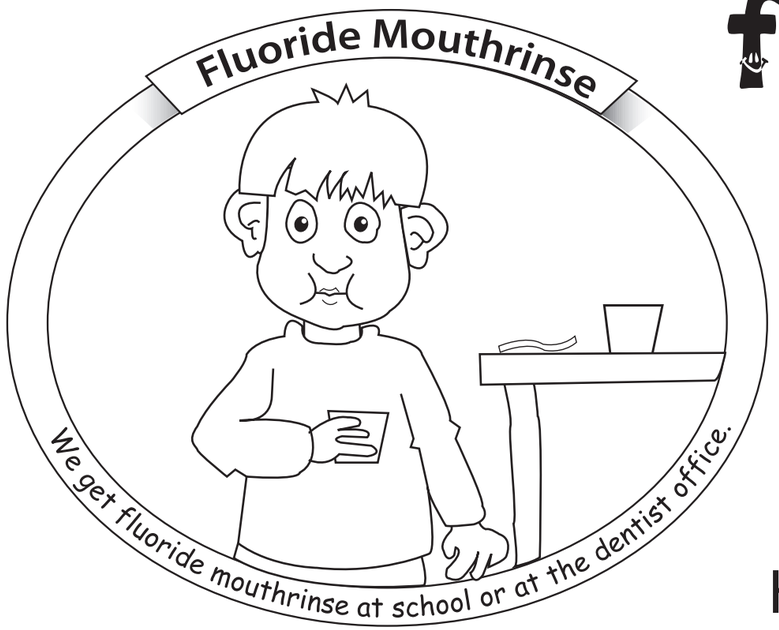
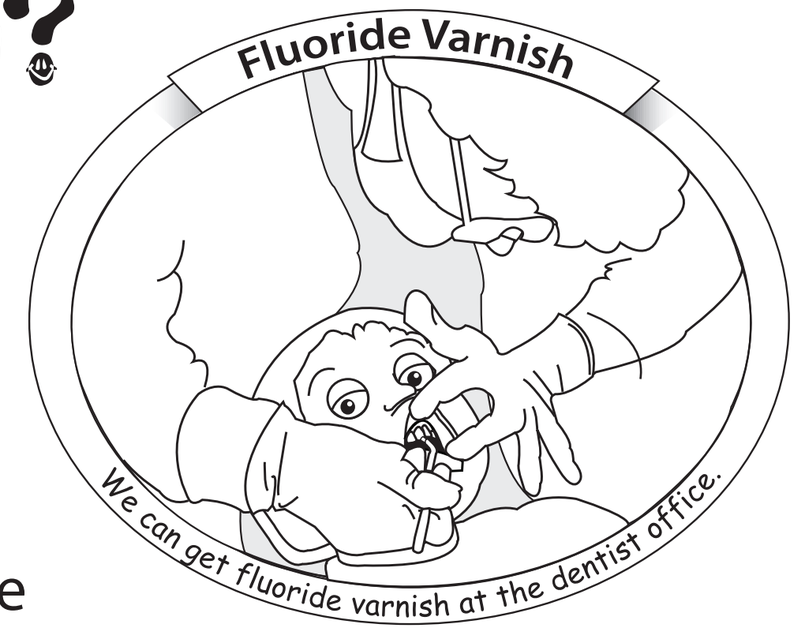
How do we get Fluoride for our Teeth?

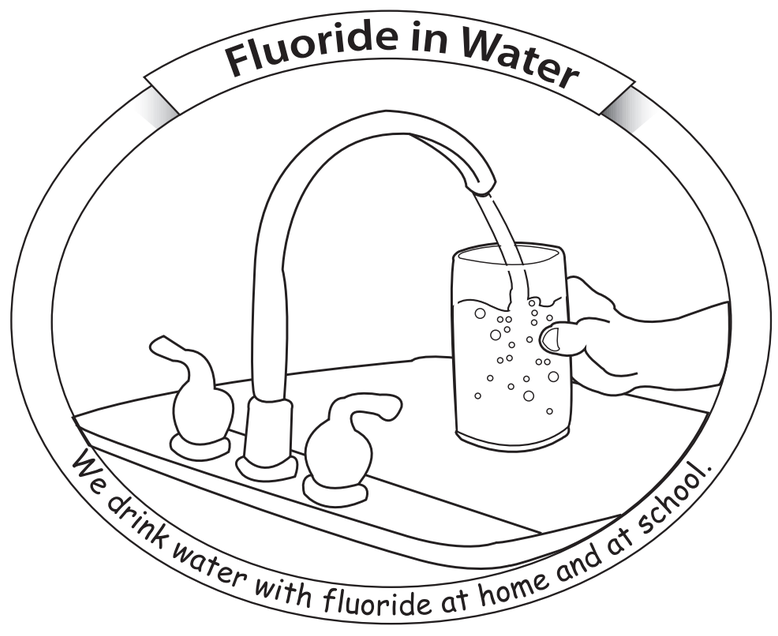
We all need fluoride for our teeth.
Adults need fluoride too.

Fluoride makes teeth strong
so they can fight decay
and stay healthy.

Here are five ways we can get fluoride
for our teeth.







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