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Utah Guidance for Fluoride
Approved 08/15/2025

Pursuant to the authority in UCA § 58-17b-627, this pharmacy practice guidance authorizes a Utah-licensed pharmacist ("Pharmacist") to prescribe and dispense fluoride according to and in compliance with applicable state and federal laws and rules.

A pharmacist may prescribe systemic fluoride supplements to a person aged 6 months to 16 years in accordance with this guidance document. A licensed pharmacist shall, prior to dispensing fluoride, provide training and education to the recipient including, but not limited to, the information identified in this guidance. A pharmacist may provide to the patient or caregiver written materials that include, but not limited to, the information identified in this guidance, but the written materials shall not be in lieu of direct pharmacist consultation with the patient or caregiver.

The pharmacist should provide the following when prescribing systemic fluoride:

1. The appropriate use and directions for administration of fluoride to be dispensed pursuant to this guidance.
2. Adverse effects of fluoride.
    a. If an individual is known or suspected to have taken a potentially toxic amount of fluoride, contact the Utah Poison Control Center (1-800-222-1222) or Emergency services. Identify the source of fluoride and amount consumed, if known. Observe the patient and refer to a medical facility, if necessary.
3. Long-term ingestion of excess fluoride in infancy and childhood, when teeth are being formed, can lead to dental fluorosis (white lines or flecks to white or brown stains on teeth). Severe dental fluorosis can lead to pitting in tooth enamel. The risk of dental fluorosis increases with fluoride intakes above recommended amounts. Severe enamel fluorosis is rare.
4. The proper storage conditions, including temperature excursions, of the fluoride product being dispensed.
5. The expiration date of the fluoride product being dispensed and the appropriate disposal of the fluoride product upon expiration.

Additional information regarding fluoride can be found through the National Institutes of Health Fluoride Fact Sheet for Consumers (Fluoride - Consumer) and the Utah Department of Health & Human Services Fluoride in Utah website (Fluoride in Utah | PCRH).

Procedures for Prescribing Systemic Fluoride Supplements

The following guidelines are for prescribing systemic fluoride supplements for those children who are not receiving optimal systemic fluoride. All recommendations require knowledge of the natural fluoride level of the patient's home water. This information is currently available here (excluding private well): Fluoride in Utah's Drinking Water - Utah Department of Environmental Quality.

It is recommended that people on a private well have their well water tested by a private company or certified laboratory for natural fluoride prior to prescribing. A list of Certified Labs is provided by the Utah Department of Environmental Quality: Utah's Certified Laboratories - Drinking Water - Google Sheets.

1. All sources of fluoride should be evaluated with a thorough fluoride history.
    a. It is important to note that fluoridated water may be consumed from sources other than the home water supply, such as the workplace, school, and/or day care, bottled water, filtered water and from processed beverages and foods prepared with fluoridated water.
    b. Other sources of fluoride include self-applied fluorides including toothpastes, mouthrinses, and gels. Additionally, professionally applied topical fluorides, including higher-strength rinses, gels, and foams; fluoride varnishes; and silver diamine fluoride, should be considered.

Dosing

For children dietary fluoride supplements are recommended according to the schedule presented in the following table:

Table. Fluoride Supplement (Tablets and Drops) Dosage Schedule 2010 (Approved by the American Dental Association Council on Scientific Affairs) [1]

Age	Fluoride Ion Level in Drinking Water (ppm)*		
	<0.3 ppm	**0.3-0.6 ppm**	**>0.6 ppm**
Birth to 6 months	None	None	None
6 months to 3 years	0.25 mg/day**	None	None
3-6 years	0.5 mg/day	0.25 mg/day	None
6 -16 years	1 mg/day	0.5 mg/day	None
*1 part per million (ppm) = 1 milligram per liter (mg/L) **2.2 mg sodium fluoride contains 1 mg fluoride ion			

When fluoride supplements are prescribed, they should be taken daily to maximize the caries prevention benefit.

Tamper resistant packaging is required when dispensing sodium fluoride supplements including liquid and tablet forms, containing not more than 110 milligrams of sodium fluoride (the equivalent of 50 mg of elemental fluoride) per package or not more than a concentration of 0.5 percent elemental fluoride on a weight-to-volume basis for

liquids or a weight-to-weight basis for non-liquids and containing no other substances.[1] To comply with 16 CFR § 1700.14 and 58-17b-608.1, the total dosage units dispensed may not exceed 100 tablets of any strength of sodium fluoride or a 100 day supply, whichever is less.

Additional Resources

It is recommended children have routine oral check-ups with a dental provider every 6 months. Resources related to oral health can be found through the Utah Department of Health & Human Services Oral Health Program (Oral Health Program | PCRH).

The Utah Dental Association Fluoride Toolkit.

[1] American Dental Association. *Fluoride: Topical and Systemic Supplements.* Last updated June, 14, 2023. https://www.ada.org/resources/ada-library/oral-health-topics/fluoride-topical-and-systemic-supplements

[2] Code of Federal Regulations. Title 16, Chapter II, Subchapter E, Part 1700.14