***FLOURIDES***

Fluorides in various forms is the most popular active ingredient in toothpaste to prevent cavities. Fluoride occurs in small amounts in plants, animals, and some natural water sources. The additional fluoride in toothpaste has beneficial effects on the formation of dental enamel and bones. Sodium fluorides (Nave) is the most common source of fluoride, but stannous fluorides (SnF2), olafur (an organic salt of fluoride), and sodium monofluoride phosphate (Na2PO3F) are also used. Stannous fluoride has been shown to be more effective than sodium fluoride in reducing the incidence of dental caries.