



Customer Service at 1-800-287-1643

# Facts About FLUORIDE AND DRINKING



Fluoride is a naturally occurring mineral that is added to public water systems in accordance with public health requirements. Maine Water fluoridates some of our water systems as required by state law.

The Maine Water Company operated systems that are fluoridated include: Biddeford - Saco, Bucksport, Camden Rockland, Freeport, Hartland, Millinocket, Skowhegan, Oakland (fluoridated by Kennebec Water District), Fryeburg, and South Freeport. Union and Waldoboro have natural fluoride in the water at levels below the maximum allowed level.

The primary benefit of drinking water fluoridation is a reduced risk of tooth decay in children. Fluoridation of drinking water supplies has been cited as a significant public health achievement of the 20th century. The CDC reports that “panels of experts from different health and scientific fields have provided strong evidence that water fluoridation is safe and effective.”

Maine Water Company understands, however, that some customers prefer that their drinking water be fluoridated while others would prefer it is not. The company relies on state and federal health standards to determine the optimum fluoride levels in drinking water. Generally, when fluoride is added to the water system at the levels required by EPA, children do not need fluoride supplements. You should consult your pediatrician or dentist to determine whether fluoride supplements may be advisable for your child.

In fluoridated and non-fluoridated water systems, naturally occurring fluoride from erosion of mineral deposits may be present in the water delivered to customers. EPA mandates a maximum contaminant level (MCL) for total fluoride in drinking water of 4.0 ppm.

To see if your water contains detectable levels of fluoride, access the Water Quality Report for your system here: <https://www.mainewater.com/water-quality/water-quality-report>

If you are unsure which system serves your home, please call a Customer Service representative at 1-800-287-1643 to identify the system by your street address.