



How does the use of home water filters affect my oral health?

Home water filters are designed to reduce contaminants in your water and can improve your water's taste. However, some home water filters may also remove fluoride. Consumers who drink water solely from a filtration device should be aware that they may not be receiving adequate amounts of fluoride. Individuals who do not receive adequate amounts of fluoride may be missing out on its cavity-preventing effects.

What are the different types of home water filter systems?

There are two types of home water filter systems:

- The first type, a Point of Use (POU) filter, typically treats water in batches and delivers water to a single tap, such as a kitchen sink faucet or an auxiliary faucet. Examples of POU systems include pitchers, those installed on a faucet, or those installed near a sink. This system only treats water used from the faucet to which it is installed.
- The second type of filter system is the Point of Entry (POE) system. This type of water treatment system typically treats most of the water entering a residence. POE systems are typically installed on the main water pipe that enters your home. The most common varieties of water filter systems include activated carbon filters, activated carbon filters that contain activated alumina, water softeners, charcoal filter, reverse osmosis, and water distillation. Some people have bulk water delivered to their homes (individuals should contact the bulk water provider for information on the fluoride content of its water).

Why do people use home water filter systems?

People use home water filter systems for many reasons. Water filter systems help remove bad tastes and odors from water, some filters remove iron and other contaminants, and some filters soften the water by removing “hard” minerals.

Which water filter systems remove fluoride?

There has not been a large body of research on the extent to which water filters affect the fluoride content of optimally fluoridated water. Consumers consistently using home water filter systems should contact the installer, distributor, or manufacturer of the water filter system to determine whether the system removes fluoride.

In addition, the American Dental Association (ADA) places its Seal of Acceptance on effective water filters that do not remove fluoride. Consumers should look for the ADA Seal of Acceptance on water filter packaging. A list of water filters which have earned the ADA Seal of Acceptance can be found [here](#). A summary of filter types and the estimated amounts of fluoride each removes is provided in the table on the next page.



Water Filter Type	Estimated Amount of Fluoride Removed
Activated Carbon Filter	Most do not remove fluoride
Activated Carbon Filter w/ Activated Alumina	May remove significant amounts of fluoride
Water Softener	Does not significantly change fluoride content
Charcoal Filter	Does not significantly change fluoride content
Reverse Osmosis	Removes significant amounts of fluoride
Water Distillation	Removes significant amounts of fluoride

Resources Used:

American Dental Association. (2003, February). Water Filtration Systems. Journal of the American Dental Association, 134(2), 227. [https://jada.ada.org/article/S0002-8177\(14\)61988-7/fulltext#relatedArticles](https://jada.ada.org/article/S0002-8177(14)61988-7/fulltext#relatedArticles).

American Dental Association. (2018). Practical Guide Series: Fluoridation Facts. National Fluoridation Advisory Committee of the American Dental Association. <https://ebooks.ada.org/fluoridationfacts/>.