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Fluoride intake from the consumption of refreshment drinks and natural juices.

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Highlights

- Soft-drinks and juices (65) were analyzed by potentiometry.
- Tea-based beverages had the highest fluoride content.
- Fluoride intake does not lead to a risk in adult health.
- Consumption of these beverages by children should be moderated.

Abstract

Fluoride plays an important role in the prevention of dental decay and in the reduction of osteoporosis. However, due to the multiple dietary sources of fluoride, the recommended intake can be exceeded on a prolonged basis and may have a harmful effect on health. In particular, high intakes of fluoride can cause dental fluorosis in the child population. For the above reason, the fluoride content was determined in 65 samples of different refreshment drinks and natural juices by potentiometry using a selective ion electrode in order to evaluate the dietary intake of this anion from the consumption of these drinks. The mean concentrations of fluoride obtained were 0.47 and 0.39 mg/L for soft drinks and natural

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