

# FLUORIDE CONCENTRATION IN CONSUMED SALT IN IRAN

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**SUMMARY:** Salt is one the most commonly used food additives and has a unique place in food consumption. In this study, the fluoride levels of 37 brands of salt consumed in Iran were analysed. Each experiment was carried out three times and the average values were recorded. The average amount of fluoride in the salt was about 0.6 mg F/10 g of salt. With the average adult consumption of salt being approximately 1 kg per person per year, salt is one of the important sources of fluoride in Iran.

Keywords: Fluoride; Iran; Salt.

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