

## عنوان مقاله:

Concentration of Fluoride in Different Types of Common Tea and Tea Bag in Iran

## محل انتشار:

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## نویسندگان:

Reza Sadeghnezhad - *Student Research Committee, Faculty of Health, Health Sciences Research Center, Mazandaran University of Medical Sciences, Sari, Iran*

Seyyed Abbas Hashemi - *Immunogenetic Research Center, Faculty of Medicine, Mazandaran University of Medical Sciences, Sari, Iran*

Mohammad Zahedi - *Department of Laboratory Sciences, Student Research Committee, Mazandaran University of Medical Sciences, Sari, Iran*

## خلاصه مقاله:

**Introduction:** Tea is one of the most popular/ consumed beverages in the world, which is made from the dry leaves of *Camellia sinensis*. The fluoride content of tea has been reported at least 0.02 ppm to 4.65 ppm. If the tea has low level of fluoride or affected by factors, it can increase risk of tooth caries, and cause of premature loss of teeth, reduced buccal strength, nutritional disorders, and cosmetic imperfections. On the other hand, when fluoride systemic absorption is higher than normal level (0.05-0.07 mg fluoride /kg body weight /day), raise the risk of fluorosis and osteoarthritis. **Methods:** The fluoride concentrations in different types of common tea in Iran, were collected through a literature search and published data publicly available. The literature sources used in this research mainly included, PubMed, Science direct, IranMedex, SID and Google scholar database from 1990 to 2017, as well as original research articles that reported fluoride concentrations in different types of tea. Articles published in both Persian and English languages were also used in this research. **Results:** In the first part of the study, we received about 53 updated articles, subsequently, these papers were distributed among the authors. After reading the articles and sharing their thoughts and opinions with each other. Eventually, 10 articles were selected that completely related to the topic. The quantitative data analysis and comparison were carried out on the fluoride concentrations in different types of common tea in Iran, as well as the values reported in the literature versus the allowable concentration level according to the WHO guideline. The minimum allowable concentration of fluoride (2-4 mg/L) is represented by, which also revealed that most of the selected different types of tea don't match the reference guideline. The fluoride concentrations for various types of tea were found to be less than 2 mg/L. **Conclusions:** Considering that the World Health Organization recommends a maximum daily fluoride intake of 2 mg per day for children and 4 mg per day for adults the daily consumption of drinking water and the average fluoride of tea calculated in this study, the amount of daily tea consumption should be managed.

## کلمات کلیدی:

Fluoride, Tea, Ambient Temperature, Iran

## لینک ثابت مقاله در پایگاه سیویلیکا:

