

✓ Independently Tested



## 3 Best Fluoride Water Filters In 2023 (33+ Brands Tested)

by Casey J Krol

Since water is the largest source of fluoride you'll come across in your life, water filters that remove fluoride seem like a great idea.

But after testing 33+ filters, I realized many of these "fluoride" water filters **DO NOT** filter fluoride.

So to help you avoid being tricked, I've put together a list of the best water filters that remove fluoride.

### **IMPORTANT: Message About "Fluoride" Water Filters**

Before we get into the real list of the best fluoride water filters, here's something for you.

The unfortunate truth is that if you trust a brand or read "reviews" from other websites, you'll probably choose a "fluoride" water filter that can NOT remove fluoride.

So to help you avoid making a mistake and because I can't talk about every single filter, I'll share the fluoride test results of all the filters I've tested.

This way in case you buy a filter I don't recommend, you can double check if it can remove fluoride – before buying it.

And all you have to do is enter your email below and I'll send it to you right away.

**Enter your email below to receive fluoride test results on 40+ water filters  
+ my top picks!**



Name

Email

Submit

In fact, not only have I tested all these filters, I've also used every single one.

So you will know if a filter can or can't remove fluoride and if it's worth buying.

## Best Water Filters That Remove Fluoride (33+ Brands Tested)



While you're reading my top picks, you may think there are not many options to choose from.

But that's the point, there's no need to over complicate it. Since I've done all the dirty work, I've made it very easy to choose a filter...

You either want 1 of 3 options:

- a pitcher,
- countertop filter, or
- a filter to stick under your sink

And the best part is by spending the next 5 minutes reading this article, you'll know exactly which water filter that CAN remove fluoride is best for you.

However, if you're looking for a different type of water filter that removes fluoride, it's most likely not on this list because it can NOT remove fluoride (more on this in the email I sent you with the fluoride test results).

**NOTE:** Truth About Fluoride is reader-supported. When you buy through links on the site, I may earn a commission. However, keep in mind each and every product is bought, tested and used by myself. With only the best being recommended.

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1. Number Of People Using It?
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## Best Fluoride Water Filter Pitcher: Clearly Filtered

**Clearly Filtered Pitcher**

**Fluoride Reduction: 98%**

✓ **Verified by Truth About Fluoride**



[Check Price On Clearly Filtered](#)

Pitchers are the most popular type of water filters but not all brands can remove fluoride.

For example, Brita filters are the most well-known but when I tested one with a fluoride meter, it was clear that Brita filters are unable to remove fluoride.

But even certain Amazon best-selling “fluoride” water filter pitchers claim they can filter fluoride but actually have zero effect (Aquagear, Epic Nano, Waterdrop – just to name a few)

In fact, you can probably count on one hand how many pitchers can remove fluoride.

So if you’re looking for a pitcher that CAN remove fluoride, the best option is [Clearly Filtered](#). Especially when you consider their filter quality compared to others.





As unlike Brita and many other brands, when I tested Clearly Filtered with a fluoride meter, it reduced fluoride levels from 0.6 ppm all the way down to 0.0 ppm.

But the best part is, many fluoride water filter pitchers only last for 25-50 gallons before you need to replace the filter. While Clearly Filtered lasts for 100 gallons.

Saving you money down the road.

**Note:** if you plan on buying the pitcher, you should buy from [Clearly Filtered](#) (link to their website) and not Amazon. The price you pay will be cheaper and shipping time is the exact same if not faster through Clearly Filtered.

#### 👍What I Like...

- Cheap: most inexpensive option to get started drinking fluoride-free water
- Portable: can move it around easily and take it places (camping, BBQs and even on vacation)
- Size: easily fits inside a fridge
- Removes fluoride: removed ALL fluoride from my tap water
- Transparency: the brand makes their testing results easily available to customers and continuously tests their products

#### 👎What I DON'T Like...

- Capacity: smallest of all the filters I recommend (10 cups or 80oz)
- Slower filtration speed: slightly slower than other pitchers but that's probably because it's filtering water properly

# Best Portable Fluoride Water Filter: Berkey



When it comes to the best fluoride water filters, there aren't many that can beat a Berkey.

It's easy to use, requires minimal installation and filters water extremely well. Not to mention, it feels like almost every Instagram health influencer under the sun has recommended them.

Or so, that's what I thought...

When I tested the Berkey, it was able to reduce fluoride levels from 0.6 ppm all the way down to 0.0 ppm. So in regards to fluoride, it "seems" like it's doing a great job.

BUT after further research and tests, I've uncovered a few red flags that have forced me to withdraw Truth About Fluoride's approval for Berkey. With the biggest red flag that it leaches "aluminum" into your filtered water.



Now everything I've said about Berkey was technically true, sure it "removes" fluoride according to a fluoride test, sure their filters last longer than other brands, and sure they're one of the "best" gravity fed fluoride filters – but there's more to it than that.

Especially when you consider the goal of my website is not only to give you great advice in regards to fluoride but to also give you advice that is good for your overall health.

What's the point of dodging fluoride if this advice does not consider other factors.

Now it's a shame that we have to continuously test brands to figure out if they're legit and safe but I guess that's what we have to do. And I'm happy to play my part in exposing these brands.

So when it comes to fluoride water filters, your best and safe choice is to go with Clearly Filtered or the other filter I recommend below. These brands are a class above everyone else and have passed all the tests that Berkey has failed.

**IMPORTANT:** *Truth About Fluoride no longer recommends the Berkey as an approved fluoride filter. After hearing concerning news and having independently conducted tests done, Berkey's recommendation has been revoked. To read more about how and why I decided to revoke Berkey's recommendation you can read more about that in the article "[Berkey Water Filters Are A SCAM & Unsafe](#)" (link to article). That's where all test results, screenshots, and reasoning is posted.*

## Best Berkey Replacement?



Ever since I dropped the big news about Berkey water filters leaching aluminum, I've been looking for a filter that could replace it. Specifically a filter that did not require much installation and filtered water to a high standard (basically what we thought Berkey was).

So I tested a bunch of filters like AquaTru.

And when it came to fluoride removal, AquaTru was able to bring down levels from 1.1 ppm to 0.0 ppm (pictured below). And as you can tell, it was hard for me to find fluoridated tap water where I was staying in Florida, so I used Starkey bottled water which contained 1.1 ppm of fluoride.



On top of that, AquaTru reduced the TDS levels to low amounts, does not require installation like traditional reverse osmosis systems, and overall is very easy to use.

At this point I was very close to making it an official recommendation...

BUT after looking at it's reviews, many people have complained that their AquaTru broke months and even weeks after getting it (started leaking or just straight up stopped working). And there really is no point in getting a filter that's going to break, it's just a waste of money.

For that reason, I can not comfortably recommend this product or other ones similar to it.


**FINAL VERDICT:** I'd strongly recommend staying away from AquaTru and similar products (RKIN, Waterdrop, and etc.) It seems very promising and I would be a huge fan if it did not break down as often as it does. You just don't need that headache. Now I will continue testing potential replacements but at this moment I can only recommend Clearly Filtered and the traditional reverse osmosis option below. I've helped 1000's of people buy both and never received one complaint, only happy emails. Which is exactly how I'd like to keep it.

## Best Reverse Osmosis System: Home Master

**Home Master RO**

**Fluoride Reduction: 97.7%**

✓ Verified by Truth About Fluoride



Check Price At Home Master

Reverse osmosis is one of the best ways on [how to remove fluoride from water](#) (mainly because of the benefits described below).

And to no surprise, in [does reverse osmosis remove fluoride](#) – the reverse osmosis filter was shown to reduce fluoride levels from 0.6 ppm to 0.0 ppm.



But putting aside it's amazing water quality, the best part about a traditional reverse osmosis system is that once you install it, you don't have to do anything (minus replacing the filters once a year).

All you have to do is turn on the tap and you'll have filtered water, whenever you want it. Plus you get the water extremely fast. For example, it takes about 30 seconds to fill up an entire kettle (pictured below).



However there are endless amounts of options to choose from, so it's not easy choosing between reverse osmosis filters. But after years of being in this field, it's clear that reverse osmosis filters from Home Master are a very good choice.

In fact, before I chose Home Master I bought another brand but quickly returned it because it started to leak. Which is common with certain brands (APEC is also good but I'd stick with Home Master).

So in other words, if you're looking for the best, this is it...

And the models I recommend are [Home Master Ultra](#) if you're filtering well water and [Home Master Iron](#) if you're filtering city tap water.

#### 👍What I Like...

- Water quality: can filter up to 99% of contaminants and was labeled by the Environmental Protection Agency (EPA) as the most efficient at removing all disease-causing organisms and chemical contaminants
- Automatic: after installation, water is automatically filtered and stored in a tank. All you have to do is flip a handle to pour yourself a glass of water
- Endless water: produces more water than you can drink and filters last for a year, if not longer

- Cheap: produces water for the cheapest cost per gallon

### 👉 What I DON'T Like...

- DIY installation required: more effort is required for installation. But most people can figure it out and worst case you hire a plumber (It'll be worth the effort)

## Which Filter Is Best For Me? (Buying Guide)

If you're not sure which fluoride water filter to choose, that's okay.

I remember how frustrated and confused I was the first time buying a filter. And it kind of does not help that I've told you most of the popular fluoride water filters are a waste of your money. But on the bright side, you realistically only have 2 filters to choose from.

And to help you choose between the two, let's go through the following 2 questions...

### 1. How many people will be using the filter?

I'd suggest a water filter pitcher if there are a few people at max using it.

If more people use the pitcher, you'll have to replace the filters more often and that'll get pretty pricey. While with reverse osmosis the amount of people using the filter isn't an issue since those filters can last for 1000's of gallons.

### 2. Do I want to and can I install the filter?



The biggest drawback of a traditional reverse osmosis system is that it requires installation and plumbing work. Now it is possible for anyone to do but it'll probably be a headache for most and I'd recommend you just pay a plumber to do it.

And if you can not install a filter, maybe because you rent, then I'd go with a plumbing-free option like Clearly Filtered. While the only other option I'd recommend would be a water distiller.

## Which Home Master Reverse Osmosis System Should You Get?



Home Master TM  
Reverse Osmosis Water  
Filtration System

Home Master TMAFC  
Artesian Full Contact  
Reverse Osmosis System

Home Master Iron  
Reverse Osmosis Water  
Filtration System

Home Master ULTRA  
Reverse Osmosis System

Home Master TMHP  
HydroPerfection Reverse  
Osmosis System

If you choose to go with this reverse osmosis option for your fluoride water filter, picking the right model can seem a little hard.

But I'd keep it simple... If you're filtering well water, I'd go with [Home Master Ultra](#) (link to the product) and if you're filtering city water I'd go with [Home Master Iron](#) (link to the product).

The hard part is choosing which upgrades you want. And if you're not sure what I'm talking about, it's the option you get on the right (pictured below in red box).





## Home Master Iron Reverse Osmosis Water Filtration System

SKU: TMFe

**\$289.95**

Home Master TMFe Iron Reverse Osmosis System \*

1 x Iron Reverse Osmosis Water Filtration System + **\$289.95**

### Faucet Upgrade ?

Chrome - No Extra Cost

### Reserve Tank Upgrade ?

3.2 Gal. Tank 15" h x 11" d (No Extra Cost)

### Antimicrobial Tubing Upgrade ?

1 x Antimicrobial Tubing + **\$39.95**

### Permeate Pump Upgrade ?

1 x Permeate Pump + **\$89.95**

### Artesian Full Contact Upgrade ?

1 x Artesian Full Contact Upgrade + **\$69.95**

### High Performance DOW RO Membrane (75GPD Recommended for Hard Water) ?

1 x High Performance DOW RO Membrane Upgrade (75gpd) + **\$6.00**

### Refrigerator Connection Kit ?

1 x Refrigerator Connection Kit + **\$14.50**

Now before we go through this list, just keep in mind you'll have this reverse osmosis system for a very long time. So don't be shy to invest a little bit more. But at the same time, you don't have to get any of the upgrades, it's not necessary.

For example, I'd be more than happy using just the basic system with no upgrades. It's just some of them are useful, so let's go through each one...

## 1) Faucet Upgrade

Every model comes with the basic Chrome faucet (the thing water comes out from) and if you don't mind how it looks than no problem. But I'd suggest you take a look at the [faucet selection](#) (link to faucet selection) and choose one that matches the look of your kitchen.

## 2) Reserve Tank Upgrade

You can upgrade the size of your tank (where the filtered water is stored) to something smaller or bigger. But unless you have a specific need, I think the 3.2 gallon one that comes with each model is more than big enough and just the right size.

## 3) Antimicrobial Tubing Upgrade

I'd personally pass on this upgrade. Sure if you want to spend the money, go ahead. I'm sure it won't hurt and will provide a small benefit. I'm just not sold on this one upgrade.

## 4) Permeate Pump Upgrade

Again, not necessary. But if you have the money to do so, this is the first upgrade I'd recommend.

As according to Home Master, the “permeate pump reduces water waste by up to 80%, increases water production by up to 50%, allows the storage tank to fill fuller, and produces slightly cleaner water by preventing “TDS creep.” It is a non-electric pump that harnesses the movement of the waste water for power”.

## 5) Artesian Full Contact Upgrade

I'd 100% not choose this option. I'm not a fan of using reverse osmosis systems that add back minerals for you. I say this because these minerals are usually of low quality and potentially bad for your health. So if you're worried about mineral-less water, I'd consider adding it back yourself.

## 6) High Performance DOW RO Membrane

If you have hard water this is recommended to get. But even if you don't, it's an extra \$6 and you'll have your water filtered faster. So I'd definitely add this one.

## 7) Refrigerator Connection Kit (Last One)

This one is straight forward. It easily allows you to connect your reverse osmosis system directly to your fridge. This way you'll have ice cubes made from non-toxic water.

# Concluding Thoughts

By simply using a water filter that removes fluoride, you're making a decision that might as well save your life. Or at the very least help you avoid serious health consequences caused by fluoride.

So instead of having fluoride attack the health of your bones, brain and organs with each glass of water you drink. You'll have water that helps fuel your body and keeps you healthy.

Now thankfully, you've dodged a bullet but many others are still reading outdated information.

Which means they're using water filters that do NOT remove fluoride or plan on buying one by mistake.

So if you could take a second and share this article, you'll help expose the truth about fluoride and might just save someone's health (use the buttons found below).

Anyways, I hope this article helped!

## Frequently Asked Questions (FAQs)

### 1. Do you recommend any other filters?

I do not... this is for several reasons but the main ones are that many brands claim they remove

fluoride but do not (Waterdrop, Aquagear, Epic Nano), brands work well but quickly break (AquaTru and RKIN), or they leach something into your water (Berkey).

So right now, I can only comfortably recommend two options. The water filter pitcher from Clearly Filtered and reverse osmosis system from Home Master. And I really don't see a point choosing a different brand, these are the best and nothing comes close (maybe APEC for reverse osmosis).

But when it comes to Clearly Filtered, you may be tempted to get a cheaper brand. Just keep in mind Clearly Filtered lasts longer than any other brand and filters out way more contaminants. So you pay a little more when you buy it but you'll save a lot in replacement filters, compared to other brands like Zerowater or Maxblue. Lastly, if I were to add one more filter on here, it would be a quality water distiller.

## 2. Should I add back minerals into the filtered water?

Yes, I do believe you should add minerals back into your water. It's not natural to drink mineral-less water. And especially with the reverse osmosis options, you'll be basically left with purified water. So adding back minerals is a good idea. I just don't recommend having a reverse osmosis system that adds it back for you. These minerals are typically low quality and I'd argue, also unhealthy for you.

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Besides Clearly Filtered, the only other filter I'd recommend is a water distiller.

## TRUTH ABOUT FLUORIDE

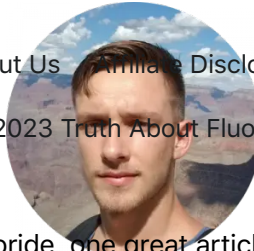
### #1 Resource For Reliable and Useful Fluoride Information

Providing you the tools and information you need to avoid a classified neurotoxin with ease.

- ✓ **Evidence Based:** information is based on scientific literature.
- ✓ **Independently Tested:** tests are independently tested (water filters, teas, bottled water, etc.) to ensure unbiased results.
- ✓ **Self Funded:** the website is solely funded by the owner + donations made by readers. Keeping the information pure and objective.

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## Casey J Krol

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