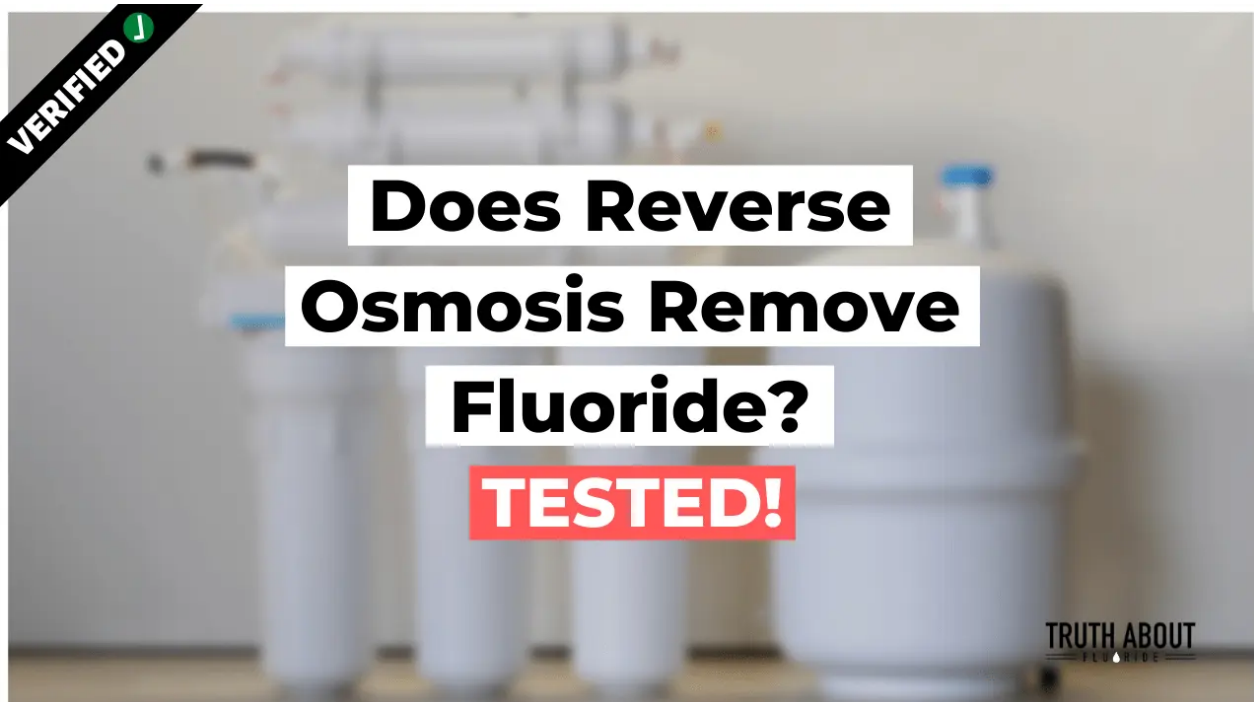


✓ Independently Tested



Does Reverse Osmosis Remove Fluoride? (6+ Brands Tested)

by Casey J Krol

Some of the best filters around but does reverse osmosis remove fluoride?

Well, to figure this out I bought 6 top selling reverse osmosis filters and tested them with a fluoride meter.

So let's jump into what I uncovered.

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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.

Does Reverse Osmosis Remove Fluoride?

According to the fluoride test results of 6 different brands, some reverse osmosis filters CAN remove fluoride while others CAN'T. This largely depends on the quality of the filter, such as it's membrane pore size, filtration speed and it's configuration.

Now let me explain and show you the different test results.

And the first step is to test the fluoride levels of my tap water.

This way we know the levels we're starting at.



According to the fluoride meter, there is 0.6 ppm of fluoride in the water before filtering.

Which means it's time to test the filtered water from a reverse osmosis filter.

And the first filter I'll test is the one I personally use.



According to the fluoride meter, my reverse osmosis filter **CAN** remove fluoride.

In fact, it took fluoride levels from 0.6 ppm to 0.0 ppm, essentially removing ALL the fluoride found in my tap water.

Which should be no surprise, since the reverse osmosis filter I use is one of the best ones around and comes from a trusted brand called [Home Master](#) (link to the exact one I have and tested... note I've previously recommended APEC. Both are great options).

But as mentioned, this doesn't mean ALL reverse osmosis filters can remove fluoride.

Let me explain...

Do ALL Reverse Osmosis Filters Remove Fluoride?

After testing 6 different reverse osmosis filters, I realized NOT all reverse osmosis filters could remove fluoride. To be exact, 3 models completely removed fluoride, while the other 3 partially removed fluoride.

Most likely, just like you, before testing I thought ALL reverse osmosis filters could remove fluoride.

But that's not true.

For example, the Waterdrop reverse osmosis filter that costs around \$300, can NOT remove fluoride.

In [do Waterdrop filters remove fluoride](#) – It was only able to reduce fluoride from 0.6 ppm to 0.3

ppm (I've included a picture of the results below).



The simple reason for this, is that the quality of this filter is just not good enough.

My guess is that the holes of the reverse osmosis membrane are too big to catch and remove fluoride efficiently.

Yet it's one of the most expensive reverse osmosis filters available.

Now if you don't want to deal with all the stress of worrying about which ones do and don't remove fluoride, I've put all 33+ test results into one PDF (this includes all 6+ reverse osmosis test results).

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

Something you need, since unfortunately, many brands lie about their filters removing fluoride.

So by having these results you can double check if a filter can remove fluoride before buying it.

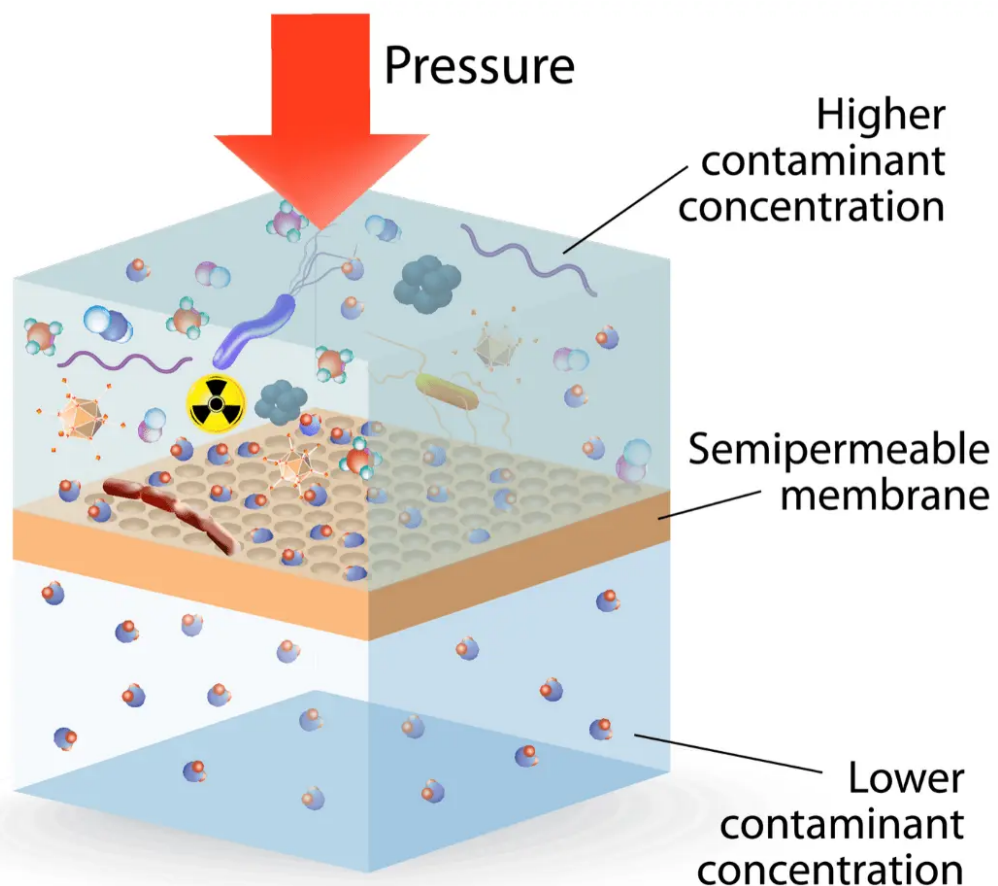
Besides that, I'll also tell you which filter I like best in the email.

Now let's quickly cover a few other things about reverse osmosis filters and fluoride.

How Does Reverse Osmosis Remove Fluoride?

The way reverse osmosis works is that by applying pressure, it moves water through a membrane (think of it as a fishing net with extremely small holes).

As this happens, the membrane catches different kinds of molecules and ions, including fluoride.



While at the other side of the membrane you have fresh, clean and most importantly fluoride-

free water.

Well... that's if you have a quality reverse osmosis filter.

What Does Reverse Osmosis Remove?

There's a reason why reverse osmosis filters are one of the best filters around.

They virtually remove every bad substance out of your water.

Here's a list of the top things a reverse osmosis filter can remove:

- Fluoride
- Pesticides
- Synthetic Estrogen
- Herbicides
- Arsenic
- Lead
- Pharmaceuticals
- Chlorine

As you can tell, there's a lot to get out of our water.

Which means even if you ignore fluoride, getting a reverse osmosis system is a pretty good idea.

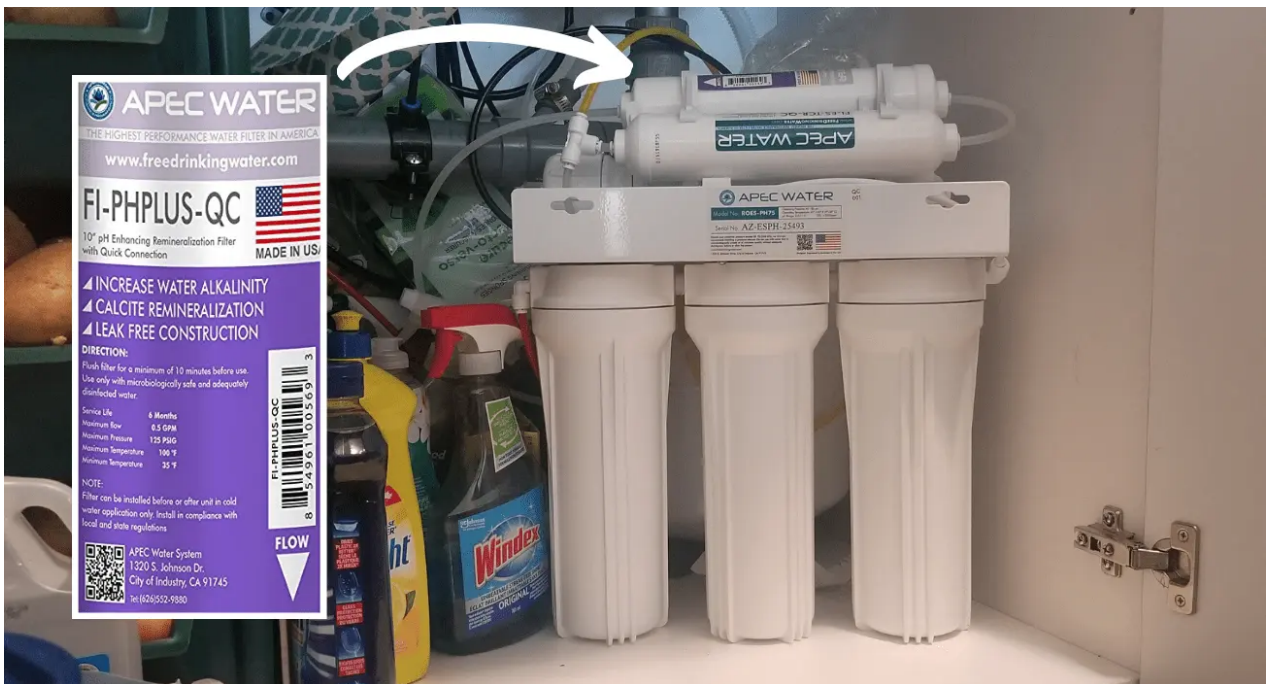
Problems With Reverse Osmosis?

The only problem with reverse osmosis has to do with how good it is at filtering water.

It's so good that it filters **EVERYTHING** out of your water.

That includes both the BAD and GOOD substances.

However to combat this, many brands and reverse osmosis models address this concern.



For example, after my reverse osmosis filter creates non-toxic water, it RE-ADDS beneficial minerals (the one pictured above is from APEC).

Providing calcium-enriched alkaline water for those that worry about their water being too acidic.

Other Filters That Remove Fluoride?

Trust me, I've been there...

I know how hard it is choosing a filter.

But the one thing you should keep in mind is the fact many brands lie about their filters being able to remove fluoride. These include Amazon best-sellers and filters you see everywhere online recommended as the "best" fluoride filters.

Especially if you're considering getting a different type of filter other than the reverse osmosis filter I recommended.

Who knows, maybe you want something that doesn't require installation and is portable.

So if that's the case, you should take a look at my guide on the [best fluoride water filters](#) (link to guide).

That's where I have my top picks for each type of filter.

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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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