

# SODIUM AND FLUORIDE IN DRINKING WATER

In the Municipality of Kincardine our municipal groundwater well systems have elevated levels of naturally occurring sodium and fluoride. The levels do not pose a significant health risk but if you are on a sodium restricted diet or are watching your intake you may be interested in more information. Below are the most recent results for Sodium and Fluoride in our small systems.

	Sodium (mg/L)	Fluoride (mg/L)
Armow	49.2	2.02
Scott Pt	37.2	1.72
Tiverton	43.3	2.13
Underwood	69.6	1.75

Fact sheets can also be found on the Public Health Grey Bruce website at <https://www.publichealthgreybruce.on.ca/Your-Environment/Safe-Water/Public-Drinking-Water> or a link can be used from our website [www.kincardine.ca](http://www.kincardine.ca) on the Water Page.

For any questions or concerns please feel free to contact the Water Department at 519-396-4660 or email [waterservice@kincardine.ca](mailto:waterservice@kincardine.ca)