

Amalgam fillings are the tried and true "silver" fillings that have been used in dentistry for over 150 years. While more modern restorative materials can achieve a higher level of beauty when used in back teeth, amalgam fillings set the standard for longevity and economy. Since these fillings do contain a small amount of mercury, there has been some controversy over the years relating to their safety. Contrary to the claims of some, decades of research has found no reason to suspect that these fillings cause harm in humans. For Fact vs. Myth answers based on solid research, visit the [American Dental Association website](#).