

IS BRUSHING AND FLOSSING ENOUGH TO PREVENT CAVITIES?

Proper oral hygiene which includes regular teeth brushing and flossing helps in preventing cavities but it is not enough.

Incorporating additional products into your daily oral hygiene routine has many benefits and significantly improves the overall health of your teeth and gums.

Mouth rinses and xylitol-containing products are proven to kill bacteria in your mouth, strengthen your teeth and prevent gum disease.

BENEFITS OF MOUTH RINSE

- Freshens breath
- Removes food debris
- Protects teeth from cavities
- Reduces sensitivity
- Fights gum disease
- Reduces dry mouth

There are many mouth rinses available on the market tailored to fit different needs.



- Find the mouth rinse that works best for you.
- Rinse twice per day, after flossing and brushing.

WHAT IS XYLITOL

- Natural sugar substitute
- Widely used in "sugar-free" chewing gum and mints
- Helps maintain a neutral pH level in the mouth
- Protects teeth and prevents decay

BENEFITS OF XYLITOL



HELPS REDUCE THE
INCIDENCE OF CAVITIES



Plaque on your teeth
forms within minutes
after eating!

After taking xylitol,
bacteria do not stick
easily on the surface of the
teeth and the amount of
plaque decreases.

HOW MUCH IS

NEEDED?

Using xylitol gum or
mints 3-5 times daily
for at least 5 minutes
is proven to
decrease plaque and
prevent cavities from
forming.

