

## Mouth Rinses Intermediate

Toni’s dentist has recommended that he begin using a mouth rinse to improve his oral health. The dentist has indicated that, in addition to brushing & flossing at least twice a day, Toni would benefit from a mouth rinse to fight plaque and gingivitis.

The dentist told Toni he should find a ‘therapeutic’ mouth rinse which can help reduce plaque (can damage gums & build up can cause tartar), gingivitis (early stage of gum disease), cavities and bad breath, rather than a ‘cosmetic’ mouth rinse which only temporarily controls or reduces bad breath. He has also decided that he wants to avoid alcohol as an ingredient because it can cause a burning feeling and/or dry mouth.

Toni knows he should look for the ‘ADA Seal’ on the product because it means the company has submitted scientific evidence to the American Dental Association (ADA) that the product is safe and effective. Cost is also a factor for Toni.

Which mouth rinse should he choose?

Criteria:

- Therapeutic mouth rinse
- No alcohol as ingredient
- ADA Seal
- Cost



## Mouth Rinses Senior

Toni’s dentist has recommended that he begin using a mouth rinse to improve his oral health. The dentist has indicated that, in addition to brushing & flossing at least twice a day, Toni would benefit from a mouth rinse to fight plaque and gingivitis.

The dentist told Toni he should find a ‘therapeutic’ mouth rinse which can help reduce plaque (can damage gums & build up can cause tartar), gingivitis (early stage of gum disease), cavities and bad breath, rather than a ‘cosmetic’ mouth rinse which only temporarily controls or reduces bad breath. He has also decided that he wants to avoid alcohol as an ingredient because it can cause a burning feeling and/or dry mouth.

Toni knows he should look for the ‘ADA Seal’ on the product because it means the company has submitted scientific evidence to the American Dental Association (ADA) that the product is safe and effective. Cost is also a factor for Toni.

Which mouth rinse should he choose?



## #1

### Crest Pro-Health

#### CPC Antigingivitis/Antiplaque Oral Rinse

**Cost: \$4.43/16.9 fluid ounces (26¢ per ounce)**

- Crest pro-health kills millions of germs without the burn of alcohol
- Use Crest Pro-Health Oral Rinse twice daily to help:
  - Prevent and reduce plaque
  - Prevent and reduce gingivitis
  - Fight bad breath
  - For 12 hours
- Active ingredient: cetylpyridinium chloride 0.07% for the purpose of antigingivitis and antiplaque
- Uses:
  - Helps prevent and reduce plaque and gingivitis
  - Helps control plaque bacteria that contribute to the development of gingivitis and bleeding gums
- Warnings: Ask a dentist if symptoms persist or condition worsens after regular use
- Keep out of reach of children under 6 years of age. If more than used for rinsing is accidentally swallowed, get medical help or contact a Poison Control Center right away.
- Directions:
  - Use after your normal brushing and flossing routine; rinse toothpaste from mouth prior to use
  - Adults and children 6 years & older: Rinse for 30 seconds with 20 ml (4 teaspoonfuls) twice a day
  - Do not swallow
  - Children 6 years of age: supervise use
  - Children under 6 years of age: do not use
- Inactive ingredients: water, glycerin, flavor, poloxamer 407, methylparaben, sodium saccharin, propylparaben, blue 1



## #2

### Scope Mouthwash

**Cost - \$4.14/33.8 fluid ounces (12¢ per ounce)**

- Scope kills millions of bad breath germs. Its cool tingle gets your breath clean and fresh. Use Scope for the confidence to get closer. SCOPE. FEEL THE TINGLE!
- Rinse or gargle for 30 seconds with 30 ml (1 fluid ounce or 2/3 capful) of Scope®. Do not swallow. Scope® can be used several times a day.
- Ingredients: Water, alcohol (14.3 wt%), glycerin, flavor, polysorbate 80, sodium saccharin, sodium benzoate, cetylpyridinium chloride (kills germs which specifically cause bad breath), benzoic acid, blue 1.
- Caution: In case of accidental ingestion, seek professional assistance or contact a poison control center immediately. Do not use in children under six years of age. Children over six should be supervised when using Scope.
- Keep out of reach of children.



### #3

## Equate Oral Health Rinse

### Antigingivitis/Antiplaque Mouthrinse

**Cost: \$4.97/50.7 fluid ounces (10¢ per ounce)**

- Alcohol free
- Zesty mint flavor
- Kills germs that cause bad breath, plaque and gingivitis
- Active ingredient: Cetylpridinium chloride 0.07% for purpose of antigingivitis and antiplaque
- Use: helps control plaque that leads to gingivitis
- Warnings: Stop use and ask a dentist if: Gingivitis, bleeding or redness persists for more than 2 weeks. You have painful or swollen gums, pus from the gum line, loose teeth or increased spacing between the teeth. These may be signs or symptoms of periodontitis, a serious form of gum disease.
- Keep out of reach of children under 6 years of age. If more than used for rinsing is accidentally swallowed, get medical help or contact a Poison Control Center.
- Directions:
  - Adults & children 6 years & older: rinse for 30 seconds with 20 ml (4 teaspoonfuls) twice a day
  - Do not swallow
  - Children 6 -12 years of age; supervise use
  - When used after brushing, rinse mouth with water first
  - Children under 6 years of age: do not use
- This rinse is not intended to replace brushing or flossing
- Inactive ingredients: water, glycerin, flavor, poloxamer 188, sodium saccharin, citric acid, blue 1



## #4

### Cool Mint Listerine Antiseptic

**Cost: \$3.57/16.9 fluid ounces (21¢ per ounce)**

- Kills germs that cause bad breath, plaque & the gum disease, gingivitis
- ADA Accepted
- Active ingredients: eucalyptol, menthol, methyl salicylate & thymol for the purpose of antiplaque and antigingivitis
- Uses: helps prevent and reduce plaque & gingivitis
- Warnings: Do not use in children under 12 years of age
- Keep out of reach of children. If more than used for rinsing is accidentally swallowed, get medical help or contact a Poison Control Center right away.
- Directions:
  - rinse full strength for 30 seconds with 20 ml (2/3 fluid ounce or 4 teaspoonfuls) morning and night
  - do not swallow
- Other information:
  - Store at room temperature
  - Cold weather may cloud this product. Its antiseptic properties are not affected.
- Inactive ingredients: water, alcohol (21.6%), sorbitol solution, flavoring, poloxamer 407, benzoic acid, sodium saccharin, sodium benzoate, FD&C green no. 3



## Mouth Rinses Official Placing

Placing: 3-1-4-2

Cuts: 2-2-5

I place this class of Mouth Rinses 3-1-4-2.

In my top pair I find that both products fight plaque, gingivitis and bad breath. I placed 3 over 1 in the top pair because 3 is considerably less expensive at 10¢ per ounce compared to 26¢ per ounce. I fault both products because they do not display the ADA seal.

In the middle pair, I placed 1 over 4 because 1 does not contain the alcohol, which could cause a burning feeling and/or dry mouth. Granted, 4 does have the ADA Accepted Seal.

In the bottom pair, I placed 4 over 2 because 4 fights plaque, gingivitis and bad breath and displays the ADA Seal which means the company has submitted scientific evidence to the American Dental Association that the product is safe and effective. Granted, 2 is less expensive.

I fault 2 and leave it at the bottom of the class because it appears to be only a ‘cosmetic’ mouth rinse which only temporarily controls or reduces bad breath, therefore not meeting Toni’s need to fight plaque and gingivitis. It also contains alcohol and does not have the ADA Seal.

For these reasons I place this class of Mouth Rinses 3-1-4-2.

Mouth Rinses  
Official  
Placement:3-1-  
4-2  
Cuts:2,2,5

1-2-3-4 - 34  
1-2-4-3 - 30  
1-3-2-4 - 43  
1-3-4-2 - 48  
1-4-2-3 - 35  
1-4-3-2 - 44  
2-1-3-4 - 27  
2-1-4-3 - 23  
2-3-1-4 - 29  
2-3-4-1 - 27  
2-4-1-3 - 21  
2-4-3-1 - 23  
3-1-2-4 - 45  
3-1-4-2 - 50  
3-2-1-4 - 38  
3-2-4-1 - 36  
3-4-1-2 - 48  
3-4-2-1 - 41  
4-1-2-3 - 33  
4-1-3-2 - 42  
4-2-1-3 - 26  
4-2-3-1 - 28  
4-3-1-2 - 44  
4-3-2-1 - 37

## **Mouth Rinses Questions - Answers**

- 1. Which item is not a ‘national’ name brand?   3**
- 2. Which item displayed the ADA seal?   4**
- 3. Which item indicated that this product is not intended to replace brushing or flossing?   3**
- 4. Which item was the most expensive?   1**
- 5. Which item fit into the ‘cosmetic’ rinse category?   2**

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- 5. Which item fit into the ‘cosmetic’ rinse category? \_\_\_\_\_**

## **Mouth Rinses Questions**

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