HOW DO CAVITIES FORM?

**DEMINERALIZATION**

Tooth enamel is made up of minerals. When your teeth have been in contact with strong acids, demineralization (the loss of minerals from tooth enamel) occurs.¹

- Bacteria are always present in the mouth. Acids are produced by these bacteria when you eat sugar and other carbohydrates.²
- Acids cause the minerals in your teeth to dissolve, weakening your enamel.¹
- Weakened enamel makes your teeth vulnerable to cavities,³ which is why demineralization must be treated early.

Acid results from many types of foods & beverages you may consume regularly. = Bacteria = Carbohydrates = Acids

WHAT CAN YOU DO TO HELP PREVENT CAVITIES?

**REMINERALIZATION**

Remineralization occurs when tooth enamel regains the minerals lost during demineralization.¹

- Fluoride, known as Nature’s cavity fighter, is a naturally occurring mineral.⁴
- Fluoride helps inhibit demineralization and causes remineralization to help prevent cavities.⁵
- Fluoride can help stop tooth decay and make the tooth enamel more resistant to future acid attacks.⁶
- Fluoride can be applied to teeth by a dental professional for extra protection.⁷
- Fluoride is also available in many toothpastes and mouthrinses for at-home use.⁸
- Fluoride toothpaste and mouthrinse used regularly can help protect teeth from cavities between dental visits.⁹
WHO CAN BENEFIT FROM ADDING A FLUORIDE MOUTHWASH TO THEIR ORAL CARE ROUTINE?

- Patients who practice good oral hygiene but are predisposed to caries or have a high incidence of caries in their primary teeth
- Adult patients whose gums may be receding
- Orthodontic patients susceptible to caries and demineralization under and around their orthodontic bands
- Pediatric patients who are still developing their oral care skills and need help in hard to reach areas

**LISTERINE® TOTAL CARE Anticavity Mouthwash**

- Provides 6 benefits for patients 12 and older
- Helps prevent cavities
- Restores enamel
- Strengthens teeth
- Kills bad breath germs
- Freshens breath
- Cleans the Whole Mouth

Proven to deliver up to 7x more fluoride uptake than ACT® for strong teeth**

**LISTERINE® SMART RINSE® Anticavity Fluoride Rinse**

- For patients 6 years of age and older
- Tints particles brushing may have missed so kids see proof in the sink that their mouths are cleaner

Proven to deliver up to 2.4x more fluoride uptake than ACT® KIDS**

All rinses provide 24-hour cavity protection with twice-daily use

Vigorously swish 10 mL (2 teaspoons) of rinse between your teeth for 1 minute and then spit out. Do not eat or drink for 30 minutes after rinsing. Use as directed.


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