

CHOOSING THE RIGHT TOOTH PASTE FOR YOU!

STEPS TO DECIDING WHAT WILL WORK BEST FOR YOU:

1. Determine what you'd like out of your toothpaste.
2. Read the active/inactive ingredients.
3. Pick the toothpaste that will most benefit your desired outcome.

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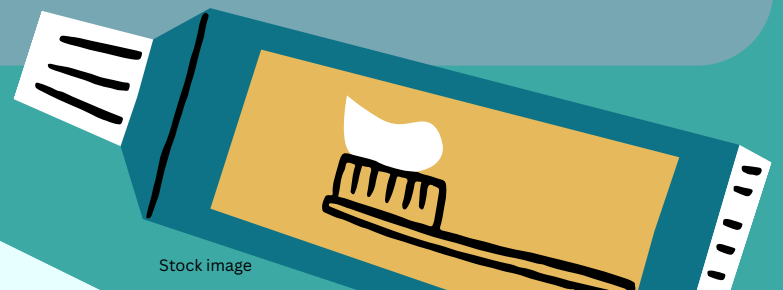
COMMON PURPOSES FOR TOOTHPASTE

- Reduce Risk of Cavities¹
- Whitening¹
- Reduce gingivitis & inflammation ¹
- Reduce tooth sensitivity ¹
- Anti-bacterial ¹



COMMON ACTIVE/INACTIVE INGREDIENTS & THE USES

- Stannous Flouride: Reduce risk of cavities, reduce plaque retention, & risk of gingivitis-may cause tooth staining.^{1, 12, 18}
- Sodium Fluoride: Acid resistance & added protection.¹⁴
- Potassium Nitrate: Desensitization, reduce pain, & calm Nerve pain.⁶
- Calcium Sodium Phosphosilicate: (Novamin) Creates buffer for cavities, & assist in remineralization.^{16, 15}
- Hydrated Silica: Is abrasive, disrupts surface stain, & creates a whiter appearance.^{5, 18}
- Sodium Monoflourophosphate: Helps reduce inflammation, hypersensitivity, resistance to cavities, & strengthens teeth.⁴





CHOOSING A TOOTH PASTE:



Prevident 5000 enamel protect: ⁷

- Flavours are spearmint & fruitastic in 100ml bottles.
- indicated for use or cavity prevention, sensitive teeth.
- Benefits: strengths teeth, protects against acid, remineralizes teeth, sensitivity relief.
- Can be used in areas with water fluoridation
- Active ingredients: Sodium fluoride 1.1% (w/w), Potassium nitrate 5%
- Warnings: Do not swallow, or use when pregnant or nursing, or under 12 years old unless indicated.



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Sensodyne Repair & Protect: ^{15, 16}

- builds layer of protection over teeth
- relief from sensitivity and long lasting protection
- For use of adults and children over 12
- Contains Novamin
- Active ingredients: Calcium sodium phosphosilicate (NOVAMIN) 5.0% w/w, sodium fluoride (0.2299%w/w) (fluoride 0.104% w/w)
- warnings: do not swallow, and do not use more than 3x a day.

Colgate Perio-guard Gum Care ²

- Helps fight gum disease, reduce bleeding and inflammation
- prevention of bacteria that causes gum disease
- brush after each meal, atleast 2x a day
- clinically proven for healthier gums, prevent plaque, long lasting anti bacterial.
- Active ingredient: Active ingredient: Stannous Flouride 0.454%
- Warnings: not for use of extreme gum swelling, or children under 2



Colgate Total: ³

- Anticavity, Antisensativity, and Anti gum disease
- Helps strenghten enamel, reduce plaque, and reduce bacteria in the mouth
- for use of 12 and older, 2x a day
- Active ingredients: Active ingredients: Hydrated silica 5.0% (w/w), Sodium fluoride 0.32% (w/w), Zinc 0.96 % (w/w)
- Warnings: do not swallow, or use under 12 years old





CHOOSING A TOOTH PASTE:



Crest Pro-health Clean Mint: 10, 12

- Anticavity, reduces risk of gum disease, protection from sensitivity
- removes surface stains, adds protection from heat, cold, sweets & acids.
- Active ingredients: Stannous fluoride 0.454% (0.14% w/v fluoride ion)
- warning: when using for sensitivity do not use longer than 4 weeks, not for use of children under 12, do not swallow.



Crest 3D White Radiant Mint: 8

- Brightens smile, and removes up to 80% of surface stains,
- Protection from future stains, strengthens teeth, and anti cavity
- Active ingredients: Sodium fluoride 0.234% (0.15% w/v fluoride ion)
- inactive ingredients: Hydrates silica
- Warnings: not for use of children under 6, do not swallow



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Crest Gum Detoxify: 9, 11

- Creates foam to penetrate hard to reach areas, kills bacteria, helps neutralize plaque
- anticavity and anti gum disease
- active ingredients: Stannous fluoride 0.454% (0.14% w/v fluoride ion)
- inactive ingredients: Hydrated silica
- warnings: not for use of 12 years and under, do not swallow

Toms Tooth paste: 13, 17

- Flavours are cinnamon clove, peppermint, spearmint, wintermint
- used for anticavity, made sustainably, no animal testing or animal ingredients, no artificial flavours, fragrance or preservatives
- can be used ages 2 and up
- use 2x a day, a pea sized amount
- active ingredients: Sodium monofluorophosphate 0.76% (0.13% w/v fluoride ion)
- Warnings: do not swallow.



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