

Holy Moses! Do I have

Halitosis?

Holy Moses, Do I have Halitosis! Part III

Past articles dealt with bad breath and its causes. So, how do we deal with it? The most popular way for people to battle bad breath is through mouthrinses. These products fight bad breath by killing the bacteria that cause it, or by neutralizing their Odors. The best ones may work for 2-3 hours. Floss and brush first. It is best to gargle for 30-sec to allow the rinse to treat the back of the tongue.

The most effective ingredients against bad breath are **essential oils, cetylpyridinium chloride, chlorine dioxide and zinc chloride**. The * indicates alcohol-free products **Essential Oils** are antiseptic, they kill bacteria, but do not neutralize odors.

Listerine/Listermint ADA Seal of Approval for killing bacteria, has recently released an alcohol-free product *Listerine Zero*

*Breath Rx** contains some essential oils

Cetylpyridinium Chloride an antiseptic, may cause brown staining with poor oral care *Crest Pro Health**, *Scope Outlast*

*Breath Rx** - also contains xylitol, an anti-cavity sweetener

Chlorine Dioxide kills bacteria and will reduce the intensity of sulfur compounds cause bad breath.

*Pro-Fresh** patented use of chlorine dioxide, highest concentration of it.

- Hard to find, maybe only online purchase.

*Therabreath**, *Oxyfresh**, *SmartMouth** - has sodium chlorite, a form of chlorine dioxide

Zinc Chloride effective at neutralizing sulfur odors.

*Breath Rx** - call it zytac

*Tom's of Maine** known for natural ingredients

*SmartMouth** blocks bacteria from using protein to produce sulfur

2 separate bottles (activates ingredients), works up to 12 hours
will not stain

Nat'l Ad Div of BBB confirms its claims

available at CVS, Kmart, Rite-aid, Walgreens, Target, Walmart

All products can help with bad breath if used properly with good home oral care.

I like *Breath Rx* and *Smart Mouth* because they fight both bacteria and its odors. Both are readily available at most drugstores. *Smart Mouth* is a little more costly, but I use Half the recommended amount and it lasts longer.



Comments or questions are always welcomed
Timothy P. Cadden DDS
Member, Academy of Cosmetic Dentistry
631 South Wheeling St.
Oregon, Ohio 43616
419-693-1234
www.drcadden.com