

Products We Recommend to Help Re-Mineralize and Strengthen Teeth

- **Arm and Hammer Age Defying Toothpaste**
 - ❖ Contains Amorphous Calcium Phosphate (ACP) as well as fluoride which help to re-mineralize teeth. Especially good if you have a dry mouth.

- **Trident Extra Care Chewing Gum with Recaldent**
 - ❖ Recaldent is another form of ACP which helps to provide Calcium and Phosphate to your teeth so they will re-mineralize
 - ❖ Particularly good for people with dry mouths.
 - ❖ Chewing gum helps to stimulate saliva which is important to protect and rebuild enamel and root surfaces

- **Chewing Gum with Xylitol**
 - ❖ Xylitol is a natural sweetener that cannot be metabolized by the bacteria in your mouth. Will help to reduce the amount of plaque in your mouth
 - ❖ Most effective if used 3-5 times per day for at least 5 minutes
 - ❖ Like any chewing gum, will help to stimulate saliva
 - ❖ Xylitol does not provide calcium and phosphate like ACP does, but since it helps to lower the acid production in your mouth, will allow for the natural re-mineralization of your teeth, particularly when using a fluoride toothpaste
 - ❖ Can be found at Honeytree Health Food Store in Market Square

- **Mints with Xylitol**
 - ❖ Like the gum, is anti-bacterial
 - ❖ Will stimulate saliva, but not as effectively as chewing gum
 - ❖ Best if used 3-5 times per day

- **Sprays and Rinses with Xylitol**
 - ❖ Antibacterial
 - ❖ Can mix and match with the gum and mints so that is used 3-5 times per day

- **Prevident Toothpaste**
 - ❖ Prescription toothpaste
 - ❖ Can be purchased in office or through prescription
 - ❖ Used in place of your regular toothpaste
 - ❖ Most effective if do not rinse after brushing
 - ❖ Can be used in tray fabricated in office

- **MI Paste**
 - ❖ Prescription strength Calcium Phosphate (Recaldent)
 - ❖ Re-mineralizes enamel
 - ❖ Can be used in tray or applied directly
 - ❖ Dispensed in office

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