

Your dentist has determined that you are at risk for getting cavities based on the level of cavity-causing bacteria in your mouth. The recommended protocol will not only significantly decrease the level of harmful cavity-causing bacteria, but will help to prevent them from repopulating by promoting a healthy oral environment.

### **CariFree Treatment Rinse - Alcohol Free**

Use twice daily morning and night after brushing and flossing. Shake both bottles (A and B) before use. Pour 5ml from bottle A into the supplied measuring cup, followed by 5ml from bottle B, making a total solution of 10ml. Rinse vigorously for one minute and then spit-out to waste. *Do not swallow.* Avoid foods or drinks that contain staining agents for at least one hour after use. Use for 10 days or until completely used.

For children, mix as detailed above. Rinse with half the solution for 30 seconds and then spit-out to waste. *Do not swallow.* Then rinse again for a further 30 seconds with the remainder of the rinse and then spit-out to waste. *Do not swallow.* A quick rinse of water may make the Treatment Rinse more tolerable, however this may reduce the effectiveness. If you find the taste unpleasant a few sprays of the CariFree Boost Mouth Spray or Xyli-Tots Mouth Spray will immediately improve the taste sensation without affecting the effectiveness of the Treatment Rinse.

Parents of young children who do not have the maturity to rinse can apply the mixed solution to a toothbrush and then brush teeth. Spit-out any solution to waste as often as required. *Do not swallow.* A few sprays of the CariFree Boost Mouth Spray or Xyli-Tots Mouth Spray will refresh the mouth and improve the taste.

The antibacterial effect of the Treatment Rinse is also beneficial for gingivitis, gum disease and bad breath.

### **CariFree Maintenance Rinse – Alcohol Free**

Use twice daily morning and night after brushing and flossing. Shake bottle before use. Pour 10ml into a measuring cup and rinse vigorously for one minute and then spit-out to waste. *Do not swallow.* Avoid eating or drinking for 30 minutes after rinsing, to allow for maximum effectiveness of the xylitol and fluoride.

This product does not contain any acidic preservatives, which allows it to promote a healthier alkaline pH environment. The Maintenance Rinse can be used daily by all the family to help maintain a healthy alkaline pH environment within your mouth.

### **CariFree Boost Mouth Spray – Alcohol Free**

The Boost Mouth Spray is a pH elevating breath spray. It is edible and can be used as often as needed to moisten mouth and neutralize cavity-causing acids. A few sprays after a meal/snack/drink will help to neutralize harmful acids. Individuals who experience a dry mouth will also benefit from the Boost Spray. The small spray pack can fit comfortably in a purse or pocket making it convenient to use.

### **CariFree Oral Neutralizer Gel – Alcohol Free**

The Oral Neutralizer Gel is a great alternative to regular toothpaste. It should be used twice daily morning and night. It combines the proven benefits of xylitol with an alkaline pH which encourages a healthier oral environment. The non abrasive formula delivers a minty foaming gel that freshens your breath and leaves your teeth feeling clean and smooth.

### **CariFree Xylitol Gum – Natural SugarFree Product**

The CariFree Gum combines the proven benefits of chewing xylitol gum with an alkaline pH. Chewing 3-5 pieces per day will help to further stimulate saliva flow and help neutralize harmful acids. A convenient way to help protect your teeth whilst refreshing your breath.