

# LISTERINE ANTISEPTIC MOUTHWASH COOL MINT



(COOL MINT® Antiseptic Mouthwash for Bad Breath & Plaque | LISTERINE®, n.d.)

## ACTIVE INGREDIENTS

- Eucalyptol
- Menthol
- Methyl Salicylate
- Thymol

**ADA Seal of Acceptance for  
fighting plaque and  
gingivitis**



## HOW IT WORKS?

It reduces the amount odor causing bacteria in the mouth and interferes with smelly sulfur compound

## INSTRUCTION FOR USE

- Pour mouthwash into a cup
- Empty the cup into your mouth
- Swish for 30 seconds
- Spit out
- It can be used 2 times a day

## WHO CAN USE AND WHERE TO GET

- It is safe for use by most adult
- Can be found at any local grocery stores or online



## CONTRAINDICATION

- Children under 6 years of age
- Those who have allergic reaction to an ingredient
- Individual with alcohol sensitivity



## EVIDENCE-BASED RESOURCES

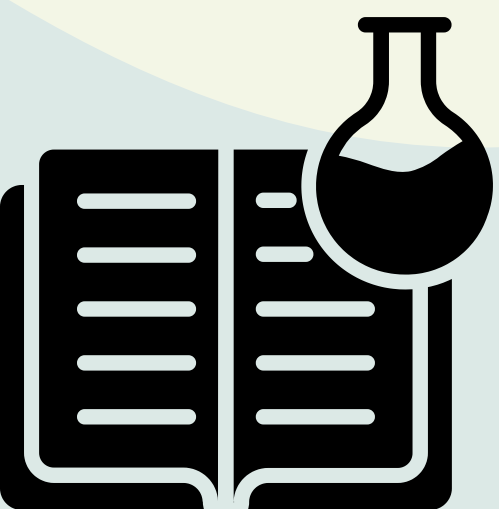
- Alsaffar, D., & Alzoman, H. (2021). Efficacy of antioxidant mouthwash in the reduction of halitosis: A randomized, double blind, controlled crossover clinical trial. *Journal of Dental Sciences*, 16(2), 621–627. <https://doi.org/10.1016/j.jds.2020.10.005>
- Mouthwash 101: What it does and how to use It. (n.d.). <https://www.deltadental.com/us/en/protect-my-smile/oral-health-habits/mouthwash.html>



# FRESH BREATH THROAT SPRAY THERABREATH



(Fresh Breath Throat Spray, 1oz, TheraBreath, n.d.)



## ACTIVE INGREDIENTS

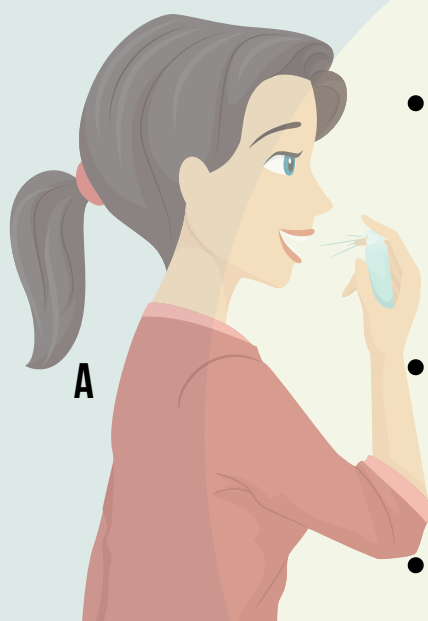
- Xylitol
- PEG-12
- OXYD-8

## INSTRUCTION FOR USE



## HOW IT WORKS?

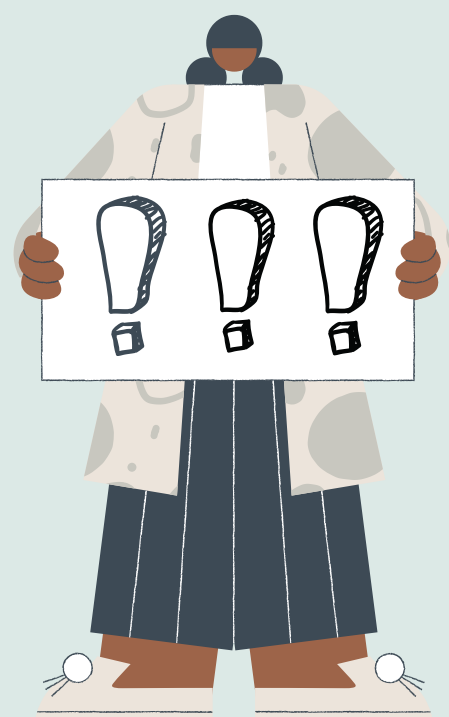
It oxygenates the spot that produces the most Volatile Sulfur Compounds



- Aim directly to the back of the tongue and throat area
- Stick out your tongue just before you spray
- Spray 2-3 times at back of throat and tonsils
- Use as often as necessary

## WHO CAN USE AND WHERE TO GET

- Adults who want to freshen their breath throughout the day
- Purchase from drug store or online



## CONTRAINDICATIONS

- Allergies or sensitivities to specific ingredients
- Individuals with specific medical conditions should consult healthcare provider

## EVIDENCE-BASED RESOURCES

- Colgate. (2021, April 28). Treat halitosis: 5 quick fixes to cure bad breath | Colgate®. <https://www.colgate.com/en-gb/oral-health/bad-breath/5-quick-fixes-for-constant-bad-breath-0516>
- Nayak, P. A., Nayak, U. A., & Khandelwal, V. (2014). The effect of xylitol on dental caries and oral flora. *Clinical, Cosmetic and Investigational Dentistry*, 89. <https://doi.org/10.2147/ccide.s55761>

