

QUATERNARY AMMONIUM COMPOUNDS

Quaternary Ammonium Compound
(cetylpyridium chloride) based mouth rinses



canva.com

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What is it?

QAC's have been used for 50 years to destroy microorganisms by interacting with the bacterial cell membrane, causing it to become permeable and lose its contents effectively fighting plaque, gingivitis, and bad breath. QAC's are also known to be antifungal agents.

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Mechanism of Action

- affects both gram-positive and gram-negative bacteria
- binds well with oral tissues, causing disruption and destabilization



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Instructions for Use

It is recommended that you use 20mL of Crest Pro-Health Rinse twice daily, swish for 30 seconds each use, for the product to provide all the benefits indicated.

Adults and children 6 years and older can use Crest Pro-Health Rinse, children ages 6-12 must be supervised. If multiple people use the same bottle, pour the mouthwash into a cup rather than sharing the cap.



Crest Pro-Health rinse
at target.com

Where to buy?

Crest Pro-Health Rinse can be bought online or at a store in person
- Cost: \$6-8 for 1L bottle

The active ingredient in Crest Pro-Health Rinse's formula is 0.07% Cetylpyridinium chloride (CPC). The active ingredient in Crest Pro-Health Rinse has been recognized as safe and effective by an FDA advisory panel. The label meets current FDA standards.

Contradictions

- Protect gums with antiseptic mouthwash-
- Advanced gum protection for stronger, healthier gum vs. non-antibacterial mouthwash
- may be inactivated by toothpaste products such as sodium lauryl sulfate
- may cause tooth staining and gingival irritation

ACTIVE INGREDIENTS:

Cetylpyridinium Chloride (0.075%).
Purpose: Antigingivitis/Antiplaque

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Research Results

- Safe, but their efficacy for plaque and gingivitis reduction has not been demonstrated in long-term clinical trials.
- CPC rinse (Crest Pro-health Rinse 0.07%) has demonstrated a small benefit as an adjunct to mechanical homecare for plaque and gingivitis reduction
- shown to reduce halitosis

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Colgate Total rinse
at colgate.com

Darby, M., Walsh, M. (2015). Dental Hygiene Theory & Practice, Fourth Edition, Elsevier, Inc. p 560.

What is Crest Pro-Health Rinse? (n.d.). Crest. <https://crest.com/en-us/oral-care-tips/mouthwash/what-is-crest-pro-health-rinse>

Rajendiran, M., Trivedi, H. M., Chen, D., Gajendrareddy, P., & Chen, L. (2021). Recent Development of Active Ingredients in Mouthwashes and Toothpastes for Periodontal Diseases. *Molecules* (Basel, Switzerland), 26(7), 2001. <https://doi.org/10.3390/molecules26072001>

<https://www.colgate.com/en-us/products/mouthwash/ct-gum-health>