



Dr. Ellie Phillips, D.D.S.

Complete Mouth Care System

A system to strengthen, clean, and protect teeth from cavities and dental disease. Use daily as a proactive way to prevent oral health problems.

Remember

- Zellies Complete Mouth Care System, paired with Xylitol, is a guaranteed solution for proactive oral health.
- In conjunction with the mouth rinse system, 6-7 grams of Xylitol should be consumed daily. One great way to reach this number is by making **Zellie Water** by combining 1 tsp granular Xylitol with 4oz of water. Xylitol mints and gum are other ways to enhance your consumption.
- **Follow the Instructions in this Guide!** Do not follow the instructions on the product labels for the individual products.
- **Do not** rinse with water between the steps I have outlined in the system.
- **Do not** substitute any mouth rinses or toothpaste for the ones I have recommended.
- **Do not** add the flavor additive to CloSys.
- **Do** dilute Listerine with water if you find it is too strong.
- **Use the system twice a day**, always before bed: most tooth damage occurs during the night, while sleeping, if teeth are not protected.

Everything you need for Great Oral Health

Kit Includes:

Closys Mouth Rinse

Crest Toothpaste
(Traditional)

Toothbrush

Listerine Mouth Rinse
(Original or Cool Mint)

ACT Fluoride Rinse
(Mint, Cinnamon or Bubblegum)



Plus

- Choose the combination of Xylitol products that best suits your needs (sold separately)
- Just follow the steps of the system **twice a day**
 - In the **morning**
 - At night **before bed**
- Consume seven (7) grams of Xylitol a day

You will have a lifetime of Optimal Oral Health!

STEP ONE

Time
2-3
Minutes

Pre-Rinse & Brush



CLOSYS™ prepares your teeth for brushing and helps heal gums and pocketing around teeth.

It is important to brush your teeth in a neutral pH or alkaline mouth. If your mouth is acidic, your teeth will be soft and more easily damaged by the abrasiveness of the toothpaste.

Use this neutral rinse before brushing. **Do not add the flavoring.**

BRUSH your teeth thoroughly with a clean toothbrush. Bacteria live on your toothbrush, so clean it with Listerine or use a toothbrush sanitizer. Don't forget your front teeth at the gum level. People often "turn their wrist" as they brush and forget these teeth.



Brush the gums on the inside of back molars (along the side of your tongue). Brushing can make gums bleed, but this is part of the healing process. Use a Zellies toothbrush and gently brush the area that bleeds, rather than avoiding it.

CREST® TOOTHPASTE (Regular Paste)

Avoid whitening, tartar or plaque control products.



STEP TWO

Time
30-60
Seconds

Freshen



LISTERINE® freshens your mouth and is an effective rinse that kills bacteria that cause gum disease. This rinse contains alcohol and is acidic, but in step 3 you will be rinsing it off your teeth.

Swish for 30 seconds, spit and go on to **step three** (3). If full strength Listerine is too strong, you may dilute with water.



Simple is better - **Avoid** Listerine® products that have whitening, plaque or tartar-control formulas. Always look for the **ADA Seal** on the label. Look for **original** or **cool mint Listerine**.

BEWARE! Disinfect your toothbrush

EVERY DAY

Keep your toothbrush clean and germ free. Swish your brush in a small cup of LISTERINE® then rinse with tap water and air dry each day. Store your brush away from any toilet area.

NO CAVITIES

"I just wanted to say thank you! I went to the dentist for my 6 month check and have no cavities! This has not happened to me since I was a little girl! My sensitivity is better and my mouth in general is fresher and cleaner."

- Sandy

STEP THREE

Protect

Time

30-60

Seconds



ACT[®] protects teeth. This final rinse should remain on your teeth for as long as possible to help remineralize and protect your teeth. The longer it remains on your teeth, the stronger your teeth will become.

CHOOSE ORIGINAL ACT[®] in **mint**, **cinnamon** or **bubble-gum** flavors. The original ACT does not contain alcohol. **ACT Restore** is a different formula and **is not recommended**.

Store brands may not give the same results.

Stronger fluoride rinses and gels that dentists often recommend will not work effectively in this system.

MY MOUTH HAS NEVER FELT HEALTHIER

"Dr. Ellie, I originally spoke with you about 3 months ago. You introduced me to your products and program. All I can say is my mouth has never felt healthier! I cannot wait to go for a cleaning to see what positive comments the hygienist will have."

- Nick

Choose only the original ACT

fluoride rinse. ACT original formula has special coating properties that allow it to flow over your teeth and into areas that are difficult to clean and therefore at risk for cavities.

zellies®

100% Xylitol

Clean, Strengthen & Protect



Zellies Mints or Gum with **100% Xylitol** are delicious!

Xylitol is healthy, diabetic friendly, and has 40% fewer calories than sugar.

**INCREDIBLE
DIFFERENCE IN THE
WAY MY MOUTH FEELS:**

"My mouth feels completely clean instead of just clean. I believe I am hooked! We are spreading the gum and mints around the office today!

Thanks."
- Kristin

**Eat Zellies after
meals, snacks or
anytime to protect
and strengthen
your teeth.**

Studies show that eating Xylitol each day (6-10 grams) will remove harmful germs from your mouth and help strengthen soft teeth.

About Dental Disease

Acids soften (demineralize) teeth.

Mouth dryness and acidity provide the perfect conditions for softening and damage of teeth. You may brush and floss and still find yourself needing dental appointments and expensive dental treatments.

Acidity

promotes harmful bacteria



Dental disease is a bacterial disease caused by a special group of harmful “acid-loving” mouth bacteria. These bacteria grow where saliva is thick and sticky, and thrive in

places where they are not easily washed away.

These are the bacteria that feed on sugar and carbohydrates, forming more acids and more mouth acidity.

**ACID +
DRY MOUTH =
CAVITIES**



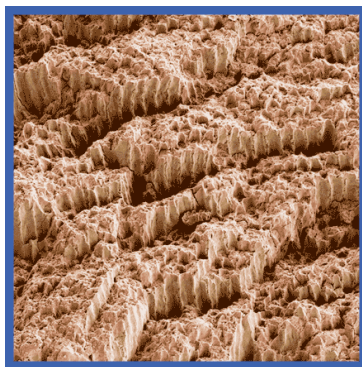
How are your teeth?

Do you have sensitivity? Bad breath? Worn or weak teeth?
Cavities or discolored teeth?

Tooth enamel is very delicate and easily softened.

The outside of your tooth is not as hard as you think. Enamel is a living membrane and it can be easily softened and demineralized by acids.

Dentists cannot stop enamel damage: only removing the acidity can stop the damage.



Zellies Complete Mouth Care System to the Rescue!

Simply use the system twice a day and enjoy Zellies Mints and Gum with 100% Xylitol throughout the day.

It only takes a few short weeks to eliminate harmful bacteria and help your teeth become healthier and stronger.

"I've been using the Zellies system and I'm utterly convinced. My mouth has never felt so clean, and my teeth are loving every moment."

- Pam
Rochester, NY

The Power of Xylitol

Xylitol can help everyone strengthen and protect their teeth.



Xylitol is delicious and is found in fibers of fruits and vegetables. Xylitol was used in diabetic treatments over 100 years ago. Birch wood was the original source of commercially produced Xylitol in the 1940s and this remains a premier source today. Xylitol has been used in Europe for baking, cooking and to sweeten coffee and tea since World War II.

During the 1950s it was discovered that Xylitol could prevent ear infections in children. Hundreds of studies have confirmed the safety and health benefits of Xylitol. In the U.S. military, Xylitol gum is used by the troops to protect their teeth.

Native Americans knew the antibacterial properties of birch wood sugar, and wrapped medicines and precious herbs in the bark of birch trees to protect them from fungus and bacteria. Birch bark was also made into teething rattles for children, and chewed by adults to protect and strengthen their teeth.

Frequently Asked Questions

Q: Is Xylitol safe? What is a safe dose?

A: Xylitol has been safely used for diabetics for over 100 years. Xylitol comes from natural sources, has a low glycemic index and you can safely eat 50 to 100 grams a day.

Q: How often should I use Xylitol?

A: 6.5 grams of Xylitol each day has been shown to eliminate harmful bacteria in about 5 weeks. Eat Xylitol when your mouth is dry, and to protect your teeth after eating and drinking to maintain a neutral pH.

Q: What if I don't want to use a fluoride rinse?

A: Anyone who is experiencing brittle teeth, fillings or other dental work will benefit from a fluoride rinse. Eating Xylitol or using a Xylitol rinse is an alternative but you may not see complete cavity healing.

Q: Can children start the Complete Mouth Care System?

A: Children of all ages can enjoy the benefits of Xylitol (zellies.com or zelliesjr.org for more information). Children around age six can begin to protect their new adult teeth with a Fluoride rinse. It is important that the child be able to rinse and spit.

Closys and Listerine are not necessary before adult teeth erupt.

Q: Should my teenager use the program?

A: Teenagers are prone to dry mouth, bad breath, gum disease and cavities. Zellies Complete Mouth Care System will protect their teeth and freshen their breath.



Complete Mouth Care System



Xylitol

After Meals, Any
Time, Every Day
Clean, Strengthen and Protect

Zellies Monthly Automated Shipping Program

We'll Do the Shopping For You!

Let us send you the products you need every month
Shipped straight to your door! FREE SHIPPING (in the U.S.)

Visit Zellies.com for details

26 Corporate Woods, Rochester, NY 14623

585.272.1270 • ellie@zellies.com

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