

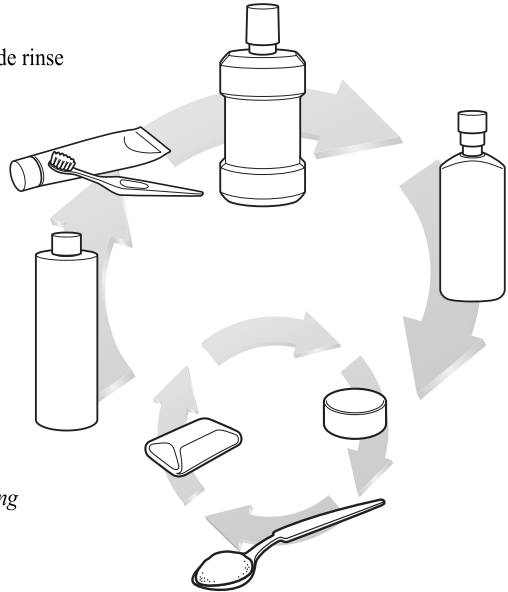
Dr. Ellie's Complete Mouth Care System

"A recipe" for adult oral care

For product details and where to purchase these items visit: www.CleanWhiteTeeth.com

You will need:

- A bottle pH balanced, chlorine dioxide rinse
- A new or clean toothbrush
- A tube of Crest® Regular toothpaste
- A bottle antiseptic rinse
- A bottle 0.05% sodium fluoride anticavity rinse
- A small cup for brush storage and toothbrush disinfection
- One or more sources for 100 percent xylitol (no sorbitol!)
 - Mix and match: mints, gum, wipes, spray, granules etc.
- Optional, pH testing paper.



Use the following routine before sleeping (after last food and beverage). Repeat about twelve hours later (preferably after breakfast).

1. Enhance tooth cleaning by using the chlorine dioxide rinse, *before* brushing
2. Brush your gum margin and teeth with a small amount of toothpaste
3. Disinfect all tooth surfaces with the antiseptic rinse, used as “liquid floss”
4. Strengthen, beautify, heal and protect your teeth with the fluoride anticavity rinse
5. Don't re-infect your mouth – disinfect your toothbrush *daily* and store safely.

Use these specific products, exactly in this order, following directions! Like baking a cake, ingredient substitution or changes in method will affect the outcome.

Between these rinsing routines (day or night):

To promote ultimate oral health, expose your teeth to a minimum of 6.5 -10 grams of xylitol each day. This can be in any form: mints, gum, granular etc. Chose a form or forms that work with your lifestyle. For maximum benefit, plan at least 3-5 xylitol exposures each day. Enjoy xylitol after meals, snacks and beverages and whenever your mouth is dry.

For more about prevention and new advances in dentistry, visit: www.cleanwhiteteeth.com and AskDrEllie.blogspot.com