



# MOUTHRINSE TABLE

A listing of therapeutic and cosmetic mouthrinses.

While every attempt is made to be as comprehensive as possible, there may be inadvertent omissions.

Patients are sold on mouthrinses, and it's easy to understand why. They are quick, simple to use, and leave the mouth with a fresh feeling. Mouthrinses have been used for centuries, but the ingredients have changed dramatically. The idea of mouthrinsing was developed by the Chinese 2700 years BC.<sup>1</sup>

Throughout history, a variety of solutions have been swished to promote better oral health and fresher breath. Some of the more unusual ingredients include mixtures of betel leaves, camphor, and herbs as well as anise, dill, and myrrh in white wine.<sup>2</sup> Today, we have enhanced products that promote a better cosmetic outcome, such as malodor control. We also have proven ingredients that provide therapeutic benefits such as gingivitis and caries reduction. Be sure to identify which type of rinse (cosmetic or therapeutic) is best for your patients and advise them accordingly. The American Dental Association Council on Scientific Affairs has developed specific guidelines that distinguish between cosmetic and therapeutic rinses and awards its Seal of Acceptance accordingly.<sup>3</sup> We hope this table will help you choose the most appropriate mouthrinse product. As adjuncts to mechanical plaque biofilm removal, mouthrinses can be useful tools for patients.

—Jill Rethman, RDH, BA  
Editorial Director

## REFERENCES

1. Mandel ID. Chemotherapeutic agents for controlling plaque and gingivitis. *J Clin Periodontol*. 1988;15:488-498.
2. Fischman SL. A history of oral hygiene products: how far have we come in 6000 years? *Periodontol 2000*. 1997;15:7-14.
3. ADA Seal of Acceptance Program. Available at: [www.ada.org/ada/seal/mouthrinses.asp](http://www.ada.org/ada/seal/mouthrinses.asp). Accessed March 31, 2010.

Manufacturer Name	Product Name	Active Ingredients	Indications	Contraindications
3M ESPE Preventive Care <a href="http://www.3mespe.com/preventive-care">www.3mespe.com/preventive-care</a> <b>3M ESPE</b>	PerioMed™ 0.63% Stannous Fluoride Oral Rinse Concentrate	0.63% Stannous fluoride	Gingival inflammation, caries, hypersensitivity	Any known allergies to ingredients
	PERIDEX™ Chlorhexidine Gluconate 0.12% Oral Rinse	0.12% Chlorhexidine gluconate	Gingivitis and periodontal bleeding	Any known allergies to ingredients or chlorhexidine
	OrthoWash™ Daily Rinse	0.044% Sodium fluoride in an acidulated rinse	Decalcification, caries	Any known allergies to ingredients
Alva-Amco Pharmacal Companies Inc <a href="http://www.alva-amco.com">www.alva-amco.com</a>	Theradent Sensitive Teeth Rinse	Calcium acetate 1x, potassium nitrate 6x, potassium phosphate 1x, sodium fluoride 3x	Treatment for sensitive teeth; helps reduce painful sensitivity to cold, heat, acids, sweets, and contact, including sensitivity due to tooth whitening	Do not use for more than 4 weeks unless recommended by a dentist or physician, see dentist or physician if problem persists
BEYOND™ Dental and Health Inc <a href="http://www.beyonddent.com">www.beyonddent.com</a>	BEYOND Restoring Whitening Mouthwash	Hydrogen peroxide	Whitens teeth, provides tartar control, freshens breath	Any known allergies to hydrogen peroxide
	BEYOND Antiseptic Mouthwash	Cetylpyridinium chloride, sodium fluoride	Aids in the prevention of cavities, gingivitis, and tartar build-up; freshens breath	In the case of fluoride intake from other sources consult a dentist or physician
	BEYOND Mouthwash for Kids	Xylitol, tocopherol	Improves oral health by aiding in prevention of cavities and reducing free radicals	None
CariFree/Oral BioTech <a href="http://www.carifree.com">www.carifree.com</a>	CariFree Maintenance Rinse	0.05% Sodium fluoride	Fluoride combined with a high level of xylitol at an elevated pH reduces caries and fights decay while promoting remineralization	None
	CariFree Treatment Rinse	0.05% Sodium fluoride	0.2% Sodium hypochlorite dissolves biofilm and is a broadspectrum antimicrobial for treatment of caries infection, pH of 10 neutralizes acidic oral environment	None
	Xyli-Tots Anticavity Rinse	0.05% Sodium fluoride	Fluoride combined with a high level of xylitol at an elevated pH reduces caries and fights decay while promoting remineralization	None
Cetylite Industries Inc <a href="http://www.cetylite.com">www.cetylite.com</a>	Protexin® Mouthwash	Zinc chloride	Cleans the mouth of debris and ropy saliva, refreshes breath after operative procedure, also available in a spray	None



Manufacturer Name	Product Name	Active Ingredients	Indications	Contraindications
Chattem Inc <a href="http://www.chattem.com">www.chattem.com</a>	ACT Anticavity Fluoride Rinse	Sodium fluoride (0.05%)	Aids in the prevention of dental caries	None
	ACT Restoring Mouthwash	Sodium fluoride (0.05% and 0.02%)	Aids in the prevention of dental caries	None
	ACT Total Care	Sodium fluoride (0.05% and 0.02%)	Aids in the prevention of dental caries, available in alcohol-free version	None
Colgate Oral Pharmaceuticals <a href="http://www.colgateprofessional.com">www.colgateprofessional.com</a> 	PerioGard® Chlorhexidine Gluconate Oral Rinse 0.12%	0.12% Chlorhexidine gluconate	Treatment for gingivitis, bleeding, and swollen gums	Should not be used by those hypersensitive to chlorhexidine gluconate or other formula ingredients
	Prevident® Rinse	0.2% Neutral sodium fluoride	For once-weekly use as a dental caries prevention agent	Not for use in pediatric patients under 12 years unless recommended by a dentist or physician
	Gel-Kam® Oral Care Rinse	0.63% Stannous fluoride	For daily self-applied topical use as a dental caries prevention agent	Not for use in pediatric patients under 12 years unless recommended by a dentist or physician
	Colgate Phos-Flur Rinse	0.044% Sodium fluoride in an acidulated phosphate solution	For once-daily use in the prevention of dental cavities	None
DENTSPLY Professional <a href="http://www.professional.dentsply.com">www.professional.dentsply.com</a> 	Oris® CHX Antimicrobial Irrigating Solution	0.12% Chlorhexidine gluconate in a base containing 11.6% alcohol	To use between dental visits for treatment of gingivitis characterized by redness and swelling of the gingivae, including bleeding on probing; for patients with co-existing gingivitis and periodontitis: see precautions	Those who are hypersensitive to chlorhexidine gluconate should avoid use. Oris has not been tested on patients with acute necrotizing ulcerative gingivitis.
	NUPRO™ Fluoride Rinse	2.0% Sodium fluoride (0.9% fluoride ion per each gram or millimeter)	To aid in the protection against dental caries; safe for patients with porcelain, composite restorations, and sealants	Hypersensitivity to fluoride
Discus Dental LLC <a href="http://www.discusdental.com">www.discusdental.com</a> 	BreathRx® Anti-Bacterial Mouth Rinse	Cetylpyridinium chloride (CPC), Zytex™ (eucalyptus oil, thymol, zinc gluconate)	For daily use, 100% alcohol free, kills the bacteria that cause bad breath, neutralizes odors, prevents plaque that leads to gingivitis	None
	PerioRx® Chlorhexidine Gluconate Oral Rinse	0.12% Chlorhexidine gluconate	Treatment for gingivitis, gingival redness and swelling, and bleeding gums	Should not be used by those hypersensitive to chlorhexidine gluconate, short-term use only (2 months to 3 months)
	Fluoridex Daily Renewal® 0.63% Stannous Fluoride Rinse	0.63% Stannous fluoride	Ideal for post-periodontal surgery, perio maintenance, caries prevention, and hypersensitivity	None
Dr Fresh Inc <a href="http://www.drfresh.com">www.drfresh.com</a>	SmileGuard Brace Relief Rinse	16% Xylitol, fluoride, organic glycerin, aloe vera, sodium hexametaphosphate	Heals cuts and scrapes, removes stain, helps with remineralization, prevents cavities, whitens teeth	None
Floss & Go Inc <a href="http://www.flossandgo.com">www.flossandgo.com</a>	Dr. Ken's All Natural and Maximum Care Mouthwash	Green tea infusion, aloe vera, vitamin C, zinc chloride, sodium bicarbonate, papain, citric acid, kosher glycerin	Anti-bacterial, anti-cavity, anti-gingivitis, anti-plaque, anti-tartar, anti-oxidant, whitening, freshens breath, comes in spearmint and cinnamon flavors	None
Gebauer Co <a href="http://www.gebauerco.com">www.gebauerco.com</a>	Oasis® Moisturizing Mouthwash	Glycerin, sorbitol	Moisturizes the mouth, freshens breath, fights odors, alcohol-free	Keep out of reach of children, not harmful if accidentally swallowed
GlaxoSmithKline <a href="http://www.dental-professional.com">www.dental-professional.com</a>  GlaxoSmithKline Consumer Healthcare	Biotene Mouthwash	LP3 Salivary enzyme system (lactoperoxidase, lysozyme, lactoferrin)	Relieves dry mouth and provides enzymes that supplement saliva's natural defenses; alcohol-free	None
	Biotene PBF Mouthwash	LP3 Salivary enzyme system (lactoperoxidase, lysozyme, lactoferrin)	Relieves dry mouth and provides enzymes that supplement saliva's natural defenses, helps dissolve plaque-biofilm (with brushing), alcohol-free	None
Johnson & Johnson Healthcare Products, Division of McNeil-PPC Inc <a href="http://www.jjdentalprofessional.com">www.jjdentalprofessional.com</a>	LISTERINE® Antiseptic	Four essential oils: eucalyptol, menthol, methyl salicylate, thymol	Kills germs that cause bad breath, plaque, and gingivitis; available in regular, less intense, and tartar control	Not for patients under 12
	LISTERINE AGENT COOL BLUE®	None	Tints teeth blue so kids pay more attention to cleaning, alcohol-free, kills the germs that cause bad breath	Not for patients under 6
	LISTERINE TOTAL CARE Anticavity Mouthwash	0.0221% Sodium fluoride (0.01% w/v fluoride ion)	Helps prevent cavities, restores enamel, strengthens teeth, kills bad breath germs, freshens breath, fights plaque above the gum line	Not for patients under 12



Manufacturer Name	Product Name	Active Ingredients	Indications	Contraindications
The Natural Dentist www.thenaturaldentist.com	Healthy Gums Mouth Rinse	Vegetable glycerin	Protects and soothes mouth and gum irritations, comes in Peppermint Twist and Orange Zest flavors	None
	All Natural Antigingivitis Mouth Rinse	Peppermint oil, sage oil	Helps reduce plaque and prevent gingivitis, comes in Peppermint Sage flavor	None
	Anticavity Fluoride Rinse	Sodium fluoride	Cavity prevention, comes in Clean Mint flavor	None
OraTec Corp www.oratec.net	TheraSol	Ethoxylated tertiary amine, capryl/ aprami-dopropyl betaine	Microbial management, eliminates malodor, available with xylitol	None
Oxyfresh.com	Fluoride Mouthrinse	0.05% Sodium fluoride	Anti-cavity rinse, promotes fresh breath with Oxygene® (sodium chlorite), alcohol-free	Not for children under 6 unless recommended by a dentist or pediatrician
	Power Rinse Mouthrinse	None	Promotes fresh breath with Oxygene® (sodium chlorite), alcohol-free	None
Pascal www.pascaldental.com	StanGard Rinse	0.63% Stannous fluoride	Used in the treatment of periodontal disease; reduces gingival inflammation and bleeding; great for oral irrigation units when diluted with water; well suited for disabled patients who may find brushing difficult; Mint flavor	None
Prevention Laboratories LLC www.preventionlabs.com	Prevention Antibacterial Non-Alcohol Rinse	Natural glycerin, chelated zinc, peppermint oil-menthol crystals	Patented anti-inflammatory that helps control plaque build-up and bleeding gums, kills bad bacteria without harming the pro-biotics, helps heal canker and cold sores	Allergy to any ingredients
	Prevention Oncology Mouth Rinse	USP natural glycerin, chelated zinc, peppermint oil-menthol crystals	Treats oral complications due to chemotherapy, bone marrow transplants, or other treatment associated with cancer; helps soothe and heal sore, inflamed, or ulcerated tissue during treatment	Allergy to any ingredients
	Prevention Periodontal Mouth Rinse	Chelated zinc, natural glycerin, hydrogen peroxide (1.5%)	Maximum strength formulation for rapidly responding to severe conditions found in the mouth including periodontal disease; does not discolor teeth, tongue, or gums; available over-the-counter	Allergy to any ingredients
The Procter & Gamble Co www.dentalcare.com <i>P&amp;G Oral Health</i>	Crest Pro-Health Enamel Shield Rinse	Sodium fluoride 0.02% (0.01% w/v fluoride ion)	Aids in the prevention of dental caries, saves enamel, alcohol-free, protects against acid attack, freshens breath, comes in Fresh Clean Mint flavor	None
	Crest Pro-Health Rinse	Cetylpyridinium chloride 0.07%	Helps prevent and reduce plaque and gingivitis, helps control plaque bacteria that contribute to the development of gingivitis and bleeding gums; alcohol free; comes in Refreshing Clean Mint, Cool Wintergreen, and Clean Night Mint flavors	Not for children under 6
	Scope Outlast	Cetylpyridinium chloride and alcohol (13%)	Breath feels fresh up to five times longer than with brushing alone, Long Lasting Mint and Long Lasting Peppermint flavors	Not for children under 6
Rowpar Pharmaceuticals Inc www.rowpar.com	CloSYS™	Patented stabilized, ClO2	Alcohol free, stain free, SLS free, effective with periodontal procedures, does not interfere with osteoblastic or fibroblastic activity, optional natural Peppermint flavor	None
Sunstar www.sunstaramerica.com <b>SUNSTAR</b> <i>CTUM BUTLER</i>	GUM® Alcohol-Free Chlorhexidine Gluconate Oral Rinse	Chlorhexidine gluconate 0.12% w/w	For use between dental visits to treat gingivitis characterized by redness and swelling of the gingivae including bleeding on probing, has not been tested on patients with acute necrotizing ulcerative gingivitis	Those sensitive to chlorhexidine gluconate or other formula ingredients
	Rincinol® Oral Pain Reliever	None	Recommended for canker sores, mouth sores, denture irritation, orthodontics, and other soft tissue trauma	None
Tom's of Maine www.tomsomaine.com	Natural Anti-cavity Fluoride Mouthwash	Sodium fluoride	Aids in the prevention of dental caries, alcohol free, comes in Spearmint flavor	None
	Natural Baking Soda Mouthwash	None	Breath freshening, alcohol free, comes in Peppermint flavor	None
	Long-lasting Wicked Fresh! Mouthwash	None	Natural mineral zinc chloride helps stop bad breath without the burn	None
Xlear Inc www.xlear.com	Spry Oral Rinse	Xylitol, aloe	Anti-plaque, anti-cavity	None
Zila Pharmaceuticals Inc www.zila.com	ProDenRx 0.12% Chlorhexidine Gluconate Oral Rinse	0.12% Chlorhexidine gluconate	For use between dental visits to treat gingivitis characterized by redness and swelling of the gingivae, including bleeding on probing; SLS and dye free	Not for those who are hypersensitive to chlorhexidine gluconate or other formula ingredients
	ProDenRx Oral Med 0.63% Stannous Rinse	0.63% Stannous fluoride	Once daily rinse to prevent decay, control plaque, and desensitize; SLS and dye free; use as a rinse or with an irrigator	Not for children under 6 unless recommended by a dentist or physician
	ProDenRx 0.2% Neutral Rinse	0.2% Neutral Sodium Fluoride	Rinse for patients to use at home to control plaque and protect against dental caries; great for cosmetic dentistry patients	Not for children under 6 unless recommended by a dentist or physician