Dry Mouth Products 2018
Compiled by Judy Bendit, RDH and Eva Grayzel, Oral Cancer Survivor

Dry Mouth Product Companies:
ACT, Biotene, CariFree, Closys, GC America, Elevate Oral Care, Entertainer’s Secret, Gelclair, Lubricity, MighTeaFlow, Moi-Stir, Nuvora, OraCoat, Oral 7, PerioSciences, Premier, Stellalife, Sunstar Gumbrand, Xlear

Moisturizing Sprays
ALLday, Biotene, CTx2, Entertainer’s Secret, Glandosane, Moi-Stir, MouthKote, Spry

Moisturizing Gels
CankerX/Rincinol, Spry, Biotene Oralbalance

Moisturizing and Antibacterial Mouthwashes/Oral Rinses
Act Dry Mouth, AO ProRinse, Closys, Colgate Total Advanced Pro-Shield, Crest Pro-Health Multi-Protection, CTx4 Treatment, MighTeaFlow, Oral 7, PlaqueHD, Stellalife Vega

Rx: Peridex, PerioGard, Peroex Chlorhexidine Gluconate

Salivary Gland Stimulants:
Lozenges and Discs (OTC)
Act, MighTeaFlow, Oramoist Patch, Salese, SalivaSure, Salivix, Salix, Smart Mouth Mint, Xylimelts, XyliPOPS

Rx: Cevimeline, NeutraSal, Salagen, SalivaMAX

Try different products until you find the right one for you!
Read ingredients carefully. Avoid SLS and alcohol

At your hygiene check-up discuss:
• Interdental brushes, floss and water irrigator
• Soft or ultra soft toothbrush
• Brushing techniques

Chew food slowly and thoroughly to allow saliva to function optimally
Dry Mouth Decay Prevention 2018
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**Fluoride Toothpaste/Gel**
Act Dry Mouth, Closys, Enamelon, Gel-Kam
Rx: ClinPro5000, FluoriMax 5000, MI Paste Plus, Prevident 5000 (no SLS’s)

**Natural Mouth Rinses**
The Natural Dentist, Toms of Maine, Spry Alcohol-Free Mouthwash

**Gums/Candies 100% Xylitol**
CTx2, Dr. John’s, Epic, Ice Chips, LoLoZ, MighTeaFlow, PUR, Spry, Xyloburst, Zellies
Order through dental office: Hager Xylitol Dry Mouth Products

**For Mouth Sores and Wound Dressings**
H-B12 Melts, OraSothe Hydrogel, Sockit Hydrogel, Stellalife, GUM Oral Pain Relief

Avoid/decrease spicy, salty, sugary and acidic foods, caffeine and alcohol. If you consume, rinse with water or chew sugarless gum (xylitol if possible) to neutralize the pH.

Xylitol neutralizes pH and prevents bacteria from sticking to teeth. A high volume intake can cause gastric distress.