Fresh Breath & Oral Care

The hidden cost of Fresh Breath Naturally, fresh breath is on top of everyone's Agenda. The Fear of bad Breath (Halitosis) leads people to try just about any product that promises fresh Breath. It seems obvious that Toothpaste companies differentiate their Paste products and offer them as Liquids and Sprays. Thus it is little surprising that Breath Fresheners are host to the same toxic chemicals found in Toothpaste, but they can pose an even greater risk when sprayed into the oral cavity, because the soft tissue absorbs susbstances very quickly. The toxic accumulation effect must also be considered: the combination with Toothpaste and Mouth Wash and even Whiteners and Flossers may just deliver a toxic overload. Most of these products feature Fluoride as a key Ingredient which adds to forced Fluoridation Municipality Water in the US and some other countries. Prior to buying any of these Toothpaste derivatives, the Health concerned Consumer must read the Ingredient Labels and if it states any of the following, one should ask if these are really conducive to a fresher Breath - for instance, do we need toxic colorants and synthetic sweeteners?

Typical Toxic Ingredients in Breath FreshenersCetylpyridinium (Anti-Bacterial), Chloride, Citric Acid, Cocamidopropyl Betaine, Hydrogenated Starch Hydrolysate, PEG 32, PEG 40 Hydrogenated Castor Oil,
Poloxamer 407, Propylene Glycol, Thymol, Zinc Gluconate, Sodium Fluoride Glycerin,
Hydrated Silica, Sodium Bicarbonate, Citrate, Sodium Lauryl Sulfate, SD Alcohol 38B, Hydrogen Peroxide, Sodium Saccharin, Titanium Dioxide, Polyethylene,
Phosphoric Acid, Glycerin; Poloxamer 407; Potassium Acesulfame; Sucralose; Tetrasodium Pyrophosphate, Sorbitol, Cocamidopropyl Betaine, Methyl Cellulose, FD&C
Red No. 33, FD&C Blue No. 1. Basic Violet 3, Products and Ingredients Datbase Mouthwash these products are thriving on the notion that they kill all the oral bacteria on contact. The active Ingredients that do that are Alcohol (up to 40% in some products) or Hydrogen Peroxide. Common Product Names are Listerine, Scope, Binaca, Crest, Colgate, Oral B, and lots of generic Drugstore brands. Beside the active Ingredients, the product differentiation is essentially limited to Flavors and Colors, all of which are toxic to various degrees. On top of these, they almost all contain toxic preservatives. Are they effective? Advertising certainly make you think so, as does the strong taste, but the fact is that the Bacteria are back as soon as the Mouthwash is gone - what's left to accumulate are the toxic chemicals.. However, there are plenty of proven effective Natural anti-bacterial, anti-fungal, anti-inflammatory agents with better taste and none of the "Nasties", like Peppermint or Spearmint Oils. Sponsored Link : There IS An All Natural Breath Freshener and Mouthwash