

Choosing a Fluoride Rinse – Our Recommendations

We recommend full strength, once per day fluoride rinses with no alcohol.

Lower strength rinses will help prevent cavities but must be remembered twice per day.

| Brand | Variety | Color | Fluoride Concentration | Contains Alcohol? | Times/Day |
|-------------------------|---|--------------|------------------------|-------------------|-----------|
| ACT | (All varieties of ACT have Fluoride) | | | | |
| | Regular Anti cavity | Green | .05% | No | 1 |
| | Kids | Pink | .05% | No | 1 |
| | Restoring | White Bottle | .05% | Yes | 1 |
| | Total Care | Green | .05% | No | 1 |
| | Total Care | Blue | .05% | Yes | 1 |
| | Braces Care | Blue | .02% | No | 2 |
| | Dry Mouth | White Bottle | .02% | No | 2 |
| Arm & Hammer | | | .02% | | 2 |
| Generic | ("compare to ACT Anti Cavity") | | | | |
| | Topcare | Green | .05% | Yes | 1 |
| Listerine | | | | | |
| | Smart Rinse Kids | Blue | .02% | No | 2 |
| | Smart Rinse Kids | Green | .02% | No | 2 |
| | Naturals w/ Fluoride | Clear | .02% | 21.6% | 2 |
| | Total Care | Purple | .02% | 21.6% | 2 |
| | Total Care Zero | Purple | .02% | No | 2 |
| | Healthy White Vibrant | White bottle | .02% | 8% + peroxide | 2 |
| | Healthy White Gentle | White bottle | .02% | 14% | 2 |
| | <u>Other types of Listerine have no Fluoride</u> | | | | |
| Crest | | | | | |
| | Pro Health | Blue | has no Fluoride | | |
| | Pro Health Complete | Purple | .02% | No | 2 |
| | Pro Health SensiCare | Green | .02% | No | 2 |
| | 3D Diamond Strong | White bottle | .02% | No | 2 |
| | <u>(Other Crest 3D rinses do not have Fluoride)</u> | | | | |
| Colgate | | | | | |
| | Kids Anti Cavity | Green | .02% | | 2 |
| | Phos-Flur | White Bottle | .04% | | 1 |

Biotene Dry Mouth Rinse and other products have no Fluoride.

Note: Product formulas and labeling may change over time. The above information was current as of April 2015.