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How gum can make a difference

Chewing sugarfree gum
can help protect teeth
in a number of ways:



Stimulate
saliva flow



Reduce
plaque



Neutralise
acids



Helps maintain tooth
remineralisation



Clean the mouth
of food debris



Relieve dry mouth
discomfort*

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*Dawes C, Macpherson LM. Effects of nine different chewing gums and lozenges on salivary flow rate and ph. Caries Res. 1992; 26(3): 176-82