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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



Remineralise  
Enamel



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