





FOCUS on MOUTHRINSES



This informative table provides details about therapeutic and cosmetic mouthrinses.



Dental hygienists are prevention experts, and this expertise includes in-depth knowledge of oral health care products. This guide is intended to help you sort through the available mouthrinse options, both therapeutic and cosmetic, so that you can make educated recommendations to patients. We hope you find this guide useful when offering suggestions to patients who wish to improve their daily oral care regimens through the addition of a mouthrinse.

—Jill Rethman, RDH, BA
Editor in Chief

Note: Mouthrinse manufacturers in the United States were invited to submit information for this table. There may be inadvertent product omissions. Submissions are edited for length and clarity.

MANUFACTURER	PRODUCT NAME	ACTIVE INGREDIENTS	INDICATIONS	CONTRAINDICATIONS
3M Oral Care	PerioMed™ 0.63% Stannous Fluoride Oral Rinse Concentrate	0.63% Stannous fluoride	Gingival inflammation, caries, hypersensitivity	Any known allergies to ingredients
	PERIDEX™ Chlorhexidine Gluconate 0.12% Oral Rinse	0.12% Chlorhexidine gluconate	Gingivitis and periodontal bleeding	Any known allergies to ingredients or chlorhexidine
ACT/Chattem Inc	ACT® Advanced Care™ Plaque Guard™ Mouthwash	0.07% Cetylpyridinium chloride	Kills the bacteria that can cause plaque, gingivitis, and breath malodor	Not for children younger than 6 unless recommended by a doctor
	ACT Anticavity Mint Fluoride Mouthwash	0.05%/0.02% Sodium fluoride	Prevents caries, rebuilds enamel, strengthens teeth, freshens breath	Not for children younger than 6 unless recommended by a doctor
	ACT Total Care Anticavity Dry Mouth Mouthwash	0.02% Sodium fluoride	Prevents caries, soothes dry mouth, moisturizes mouth tissue, strengthens teeth, freshens breath	Not for children younger than 6 unless recommended by a doctor
CariFree/Oral BioTech	CariFree® CTx3 Rinse	0.05% Sodium fluoride	For daily use; alcohol-free fluoride rinse combined with a high level of xylitol at an elevated pH; reduces caries while promoting remineralization; pH of 8 neutralizes acidic oral environment	None
	CariFree CTx4 Treatment Rinse	0.05% Sodium fluoride	0.2% Sodium hypochlorite dissolves biofilm and is a broad spectrum antimicrobial for treatment of caries infection; pH of 10 neutralizes acidic oral environment	None
Cetylite Industries Inc 	Protexin® Oral Rinse	Zinc chloride	Cleans the mouth of debris and ropy saliva; refreshes breath after operative procedures; also available in a spray	None
Colgate 	Colgate® Total® Advanced Pro-Shield™	0.075% Cetylpyridinium chloride	Significantly reduces plaque, helps prevent gingivitis	Not for children younger than 12
	Colgate Periogard® Rinse (Rx only)	0.12% Chlorhexidine gluconate	For use between dental visits as part of a professional program for treating gingivitis as characterized by redness and swelling of the gingivae, including gingival bleeding on probing; has not been tested on patients with acute necrotizing ulcerative gingivitis; for patients with existing gingivitis and periodontitis, see precautions	Should not be used by those who are hypersensitive to chlorhexidine gluconate or other formula ingredients
	Peroxy® Rinse	1.5% Hydrogen peroxide	For use in cleansing canker sores and minor mouth wounds, and treating minor gum inflammation	None
DenMat	Pro-DenRx® 0.12% Chlorhexidine Gluconate Oral Rinse	0.12% Chlorhexidine gluconate	Chlorhexidine rinse with antimicrobial benefits to significantly reduce gingival inflammation and bleeding due to gingivitis; sodium lauryl sulfate and dye free	Not for those who are hypersensitive to chlorhexidine gluconate or other formula ingredients
	Pro-DenRx 0.63% Stannous Fluoride Rinse	0.63% Stannous fluoride	Once daily rinse to prevent caries, inhibit plaque, and reduce sensitivity in gingiva; can be used as a rinse or with an irrigator; mint flavor; sodium lauryl sulfate and dye free	Not for children younger than 6 unless recommended by a dentist or physician
	Pro-DenRx 0.2% Neutral Sodium Fluoride Rinse	0.2% Neutral sodium fluoride	Home fluoride rinse for caries prevention; plaque-controlling formula is great for cosmetic patients; mint flavor; sodium lauryl sulfate and dye free	Not for children younger than 6 unless recommended by a dentist or physician

MANUFACTURER	PRODUCT NAME	ACTIVE INGREDIENTS	INDICATIONS	CONTRAINDICATIONS
Dental Herb Co	Tooth & Gums Tonic®	Cinnamon bark, eucalyptus, lavender, peppermint, and thyme essential oils; echinacea and gotu kola herbal extracts	Designed for daily use to improve oral health; nonstaining, alcohol-free antimicrobial rinse to reduce gingival inflammation, periodontal bleeding, and eliminate breath malodor; can also be used post-surgery, following crown and bridge placement, and post-implant care	None
	Under the Gums Irrigant	Cinnamon bark, eucalyptus, lavender, peppermint, and thyme essential oils; echinacea and gotu kola herbal extracts	Daily irrigation for improved oral health; alcohol-free, nonstaining antimicrobial concentrate indicated for dilution in an oral irrigator to reduce gingival inflammation, periodontal bleeding, and eliminate breath malodor; can also be used post-surgery, following crown and bridge placement, and post-implant care	None
DENTSPLY Professional 	Oris® Chlorhexidine Gluconate 0.12% Oral Rinse	0.12% Chlorhexidine gluconate	For use between dental visits as part of a professional program for the treatment of gingivitis as characterized by redness and swelling of the gingivae, including gingival bleeding on probing; for patients with coexisting gingivitis and periodontitis, see precautions	Should not be used by individuals who are known to be hypersensitive to chlorhexidine gluconate or other formula ingredients; not tested on patients with acute necrotizing ulcerative gingivitis
Dr. Harold Katz LLC 	TheraBreath Oral Rinse	OXYD-8 (proprietary stabilized ClO ₂)	Treats breath malodor and eliminates sour, bitter, and metallic tastes in the mouth; also indicated for those with xerostomia	None
	PerioTherapy Oral Rinse	PeriO ₂ (proprietary stabilized Oxychlor compounds), zinc gluconate, melaleuca alternifolia (tea tree) leaf oil	Treats the anaerobic bacteria that allow the initiation of periodontal diseases, xerostomia, breath malodor, and taste disorders	None
	TheraBreath PLUS Oral Rinse	OXYD-8, zinc gluconate, camellia sinensis leaf extract, aloe barbadensis leaf juice, xylitol, melaleuca alternifolia leaf oil	Formulated to combat chronic breath malodor; also works on coffee breath, cigar and smokers' breath, breath malodor due to medication-induced xerostomia, odor from post-nasal drip, morning breath, dry mouth symptoms, and persistent gingival irritation	None
Forward Science	SalivaMAX™	Supersaturated calcium phosphate rinse	United States Food and Drug Administration-cleared, prescription strength rinse that is indicated for xerostomia, mucositis, and hyposalivation; partial substitute for natural saliva that moistens, lubricates, and cleans the oral cavity; alcohol free	None

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	Biotene Dry Mouth Oral Rinse	Glycerin, xylitol, sorbitol solution	Relief of xerostomia symptoms; alcohol free	None
	Biotene PBF Oral Rinse	Propylene glycol, xylitol, sodium benzoate, benzoic acid, mutanase, fisdodium phosphate, zinc gluconate, lactoferrin, lysozyme, lactoperoxidase, potassium thiocyanate, aloe vera gel, calcium lactate	Relief of oral dryness; helps loosen plaque biofilm (with brushing); alcohol free	Contains milk and egg derivatives
	ProNamel® Fluoride Rinse	Fluoride 225 ppm	Helps protect against the effects of acid erosion; provides extra protection against the effects of acid erosion when used in conjunction with twice-daily brushing with a fluoride toothpaste	None
Henry Schein	ACCLEAN® Chlorhexidine Gluconate 0.12% Rinse	0.12% Chlorhexidine gluconate in a base-containing water, 11.6% alcohol, glycerin, PEG-40 sorbitan diisostearate, flavor, sodium saccharin, and FD&C Blue No.1	Use between dental visits for the treatment of gingivitis; not tested among patients with acute necrotizing ulcerative gingivitis; for patients with both gingivitis and periodontitis, see precautions	Not recommended for individuals known to be hypersensitive to chlorhexidine gluconate or other formula ingredients
	Listerine® Antiseptic	Eucalyptol 0.092%, Menthol 0.042%, Methyl salicylate 0.060%, Thymol 0.064%	Only branded OTC rinse with gingivitis reduction comparable to prescription-strength rinse; kills germs that cause bad breath, plaque, and gingivitis; ADA Seal of Acceptance; available in FRESHBURST® and Original and Cool Mint® flavors; or choose Listerine Naturals Antiseptic—no dye, 99% natural, same actives	Not for patients younger than 12
	Listerine® Ultraclean®	Eucalyptol 0.092%, Menthol 0.042%, Methyl salicylate 0.060%, Thymol 0.064%, Zinc Chloride (tartar)	Clinically proven to control tartar build-up; also available in Fresh Citrus, COOL MINT® and ARCTIC MINT® flavors	Not for patients younger than 12
	Listerine® Zero (cosmetic MW)	N/A	Less intense taste; proven to kill millions of germs that cause bad breath on contact; alcohol-free formula cleans deep to kill millions of bad breath germs for a cleaner, fresher mouth	Not for patients younger than 6

MANUFACTURER	PRODUCT NAME	ACTIVE INGREDIENTS	INDICATIONS	CONTRAINDICATIONS
MCMP	OraSoothe (Available in Hygiene or Oncology)	Polymannans from aloe vera, xylitol, and oils of clove, thyme, and wintergreen	For healing, comfort, and prevention of contamination following scaling and root planing, prophylaxis, laser treatment, and hygiene procedures; use as a pre- or post-procedural rinse; also ideal for patients receiving cancer treatment or experiencing mouth pain/discomfort	None; designed to be swallowed
NOWsystem Inc	TRIOLOGY™ Professional Oral Cleansing & Care™ Debriding System	Twenty bioactive plant-based antioxidants, xylitol from birch wood, carbamide peroxide, organic sweet almond oil, organic gluten-free whole leaf wheat grass, organic aloe vera, pure peppermint oil, and rosemary oil	Antioxidant-antimicrobial oral rinse designed for daily use to support healing following dental procedures and periodontal and cancer treatments; disrupts biofilm, reduces inflammation, and bleeding; nonstaining, alcohol-free, and no artificial ingredients	Check ingredient list for possible allergens; safe to swallow recommended dosage
	TRIOLOGY Oral Spray	Twenty bioactive plant-based antioxidants, xylitol from birch wood, carbamide peroxide, organic sweet almond oil, organic gluten-free whole leaf wheat grass, organic aloe vera, pure peppermint oil, and rosemary oil	Antioxidant-antimicrobial oral spray provides nutrients for healing and comfort, reduces bacteria, and freshens breath; may be used day and/or night; recommended for individuals with low salivary production	Safe to swallow spray; check ingredient list for possible allergens
Oasis Consumer Healthcare	Oasis® Moisturizing Mouthwash	Glycerin, sorbitol	Moisturizes the mouth, freshens breath, fights odors, alcohol free	Keep out of reach of children; not harmful if accidentally swallowed
OraTec Corp	TheraSol	Ethoxylated tertiary amine, capryl/capramidopropyl betaine	Microbial control	None
PerioSciences	AO ProRinse	Triple antioxidants (ferulic acid, curcuminoids, green tea catechins)	Plant-based antioxidants to counteract free radicals in the oral cavity	None
Philips Oral Healthcare PHILIPS	BreathRx® Anti-Bacterial Mouth Rinse	Cetylpyridinium chloride, Zytex™ (eucalyptus oil, thymol, zinc gluconate)	For daily use; 100% alcohol free; kills the bacteria that cause breath malodor; neutralizes odors; prevents plaque that leads to gingivitis	None
	PerioRx® Chlorhexidine Gluconate Oral Rinse	0.12% Chlorhexidine gluconate	Treatment for gingivitis, gingival redness and swelling, and bleeding gums	Should not be used by those hypersensitive to chlorhexidine gluconate; short-term use only (up to 3 months)
	Fluoridex Daily Renewal® 0.63% Stannous Fluoride Rinse	0.63% Stannous fluoride	Ideal for post-periodontal surgery, periodontal maintenance, caries prevention, and hypersensitivity	None
Procter & Gamble P&G	Crest® PRO-HEALTH Multi-Protection Mouthwash	0.07% Cetylpyridinium chloride	Helps prevent and reduce plaque and gingivitis, controls plaque bacteria that contribute to the development of gingivitis and bleeding gums; alcohol free; freshens breath	Not for children younger than 6
	Crest PRO-HEALTH Advanced with Extra Deep Clean Mouthwash	0.0219% Sodium fluoride (0.01% w/v fluoride ion)	Anticaries fluoride rinse; strengthens enamel for a healthier mouth; kills bad breath bacteria; alcohol free	Consult a dentist or physician for use in children younger than 6
	Crest 3D White Luxe™ Diamond Strong Whitening Mouthwash	0.0219% Sodium fluoride (0.01% w/v fluoride ion)	Anticaries fluoride rinse; gentle foaming action formula safely whitens teeth and helps strengthen weakened tooth enamel; kills bad breath bacteria; alcohol free	Consult a dentist or physician for use in children younger than 12
Rowpar Pharmaceuticals Inc	ClōSYS® Oral Health Rinse (Original Unflavored with Optional Flavor Control and Preflavored with justRIGHT Mild Mint)	Patented, stabilized, buffered chlorine dioxide	Nonirritating rinse for sensitive and dry mouths; balanced pH, alcohol free, sulfate free, and triclosan free; effective against volatile sulfur compounds; nonstaining; helps to disrupt biofilm and prevent growth; aids in periodontal procedures; freshens breath; great for preprocedural or post-procedural rinsing; safe to use in scalers/equipment	None
Sunstar Americas SUNSTAR GLUFORM BUTLER® GLUIDOR	GUM® Paroex™ Alcohol Free Chlorhexidine Gluconate	0.12% Chlorhexidine gluconate	Gingivitis and periodontal bleeding; now available in both 4-oz and 16-oz sizes	Any known allergies to ingredients or chlorhexidine
	GUM PerioShield™	Delmopinol 0.2%	Helps remove and prevent biofilm buildup; inhibits biofilm formation in patients with gingivitis; and serves as an adjunct to normal mechanical oral hygiene practices where these have proved inadequate	Not recommended for those with hypersensitivity to ingredients, children younger than 12, or pregnant patients; contact a dentist or physician before use
Tom's of Maine	Natural Children's Anticavity Fluoride Mouthwash	0.0442% Sodium fluoride	Alcohol, sodium lauryl sulfate, and dye free; strong caries protection for a healthy smile; American Dental Association accepted; comes in Juicy Mint flavor	None
	Natural Long-Lasting Wicked Fresh! Mouthwash	None	Dye free and 99% alcohol free; natural mineral zinc chloride neutralizes odor from breath malodor bacteria without the burn; comes in Cool Mountain Mint and Peppermint Wave flavors	None
Xlear Inc	Spry® Spearmint Oral Rinse	Xylitol, calcium glycerophosphate, aloe vera	Use up to twice daily; rinse for at least 30 seconds	None
	Spry Coolmint Oral Rinse	Xylitol, calcium glycerophosphate, aloe vera	Use up to twice daily; rinse for at least 30 seconds	None
	Spry Wintergreen Oral Rinse	Xylitol, calcium glycerophosphate, aloe vera	Use up to twice daily; rinse for at least 30 seconds	None