



Acidity Index of Common Mouthwashes

Many people use a mouthwash as part of their oral health care regimen. However, you should know that some mouthwashes can cause problems. Many mouthwashes are too acidic and weaken the tooth enamel by removing necessary minerals. Demineralized tooth enamel is at a higher risk for cavity formation. When bacteria are able to penetrate the enamel, cavities and tooth decay can occur. The acidity of a mouthwash is measured by its pH. The pH scale ranges from 0 to 14. A pH of 7 is neutral. A pH less than 7 is acidic. A pH greater than 7 is basic. The table below shows the pH of some common mouthwashes. We suggest that you use mouthwash with the high or basic pH measurement.

By keeping the pH of a rinse above the point at which decay starts, this will help place selective pressure on the bacterial population and shift it to a less cavity-causing one. Over time, the dental biofilms will carry fewer cavity-causing bacteria as a percentage of the entire bacterial population. Keeping the pH well above the critical pH of enamel will facilitate remineralization of the tooth. In addition to finding a mouthwash that is basic we also suggest finding one with fluoride. Fluoride helps strengthen enamel and prevent cavities.

Mouthwash	pH	Mouthwash	pH
<u>Basic > 7</u>		<u>Acidic < 7</u>	
CTx4 Treatment Rinse	10.4	Oasis Moisterizing for Dry Mouth	6.49
CTx3 Maintenance Rinse	8.33	Colgate Total Advance	6.31
Therabreath Oral Rinse	8.2	BreathRX Anti-Bacterial Rinse	6.21
ACT Anticavity Fluoride Rinse	7.95	BreathRX Anti-Bacterial Spray	6.2
Cepacol Mouthrinse	7.79	ProFresh Chlorine Dioxide Rinse	6.15
PerioSciences AO ProRinse	7.75	Smile Guard Brace Relief Rinse	6.1
OraCare	7.55	Listerine Zero Mouthwash	6.02
BreathRX Anti-Bacterial Spray	7.3	Listerine Whitening Pre Brsh	5.66
SB12	7.2	ACT Restoring with Fluoride	5.56
Oxyfresh Mouthrinse	7.17	Scope	5.55
SmartMouth	7.11	Peridex	5.48
CloSYS Rinse	7.1	Listerine Total Care Mouthwash	5.44
Biotene Dry Mouth Oral Rinse	7.09	Crest 3D White Multi-Care	5.4
		Crest ProHeath Clinical Deep Clean	5.18
		Chlorhexidine Alcohol Free	5.1
		Fluoridex Daily Renewal	5.1
		Listerine Antiseptic Mouthwash	4.88
		BreathRX Antibacterial Rinse	4.74
		Oral-B Anticavity Rinse	4.72
		Biotene Mouthwash	4.64
		Oral-B Antibacterial Rinse	4.62
		BreathRX Antibacterial Spray	4.53
		Healthy White Bleach Agent	4.5
		Crest Pro-Health	4.27
		Peroxyl Antiseptic Oral Cleanser	3.9
		Tom's of Maine Wicked Fresh	3.89
		Natural Dentist Anti-Gingivitis	3.3
<u>Neutral = 7.0</u>			
Colgate Optic White	6.95		
CloSYS Alcohol Free Oral Rinse	6.85		