

LISTERINE® FOR A BETTER ORAL HYGIENE

Information & recommendations
for your daily oral care



Possible problems in the oral cavity

Without the 3-step routine, bacteria in the mouth might lead to the following problems:



Development of cavities

Cavities are holes that form in the teeth when acid-producing bacteria dissolve the enamel. Toothache can occur when cavities are advanced.



Formation of tartar

Tartar is formed when minerals from the saliva settle in the plaque and harden it. The risk of tartar increases if plaque is inadequately removed due to poor oral hygiene.



Gum diseases

Microorganisms living **in bacterial plaque** produce „toxins“, among other things, that irritate and inflame the gums (gingivitis). If gingivitis persists long-term, the periodontium could become inflamed (periodontitis) with possible tooth loss in the end.



Sensitive teeth

Receding gums and the breakdown of tooth enamel caused, for example, by periodontitis or improper tooth brushing can expose tooth necks and dentin, thereby causing increased tactile sensitivity as well as sensitivity to hot, cold, and sweet things.

LISTERINE® with the power of essential oils



Thymol



Methyl Salicylate



Menthos



Eucalyptol

The essential oils are also found in these plants.



LISTERINE® removes up to **97%** of the bacteria remaining after brushing your teeth.*¹

The LISTERINE® formula with essential oils reduces plaque that has already developed into a stubborn biofilm and slows down its persistent.

* Applies to LISTERINE® with 4 essential oils. ¹ Data on file, FCLGBP0023, McNeil-PPC, Inc.

For your individual oral hygiene



THE LISTERINE® BASIC RANGE

- Freshens **breath**
- Reduces **plaque**
- Keeps **gums healthy**



for kids & teenagers with
and without braces

LISTERINE® FOR ADVANCED NEEDS



Protects
teeth



Protects
gums



Helps prevent
tartar



For **sensitive**
teeth



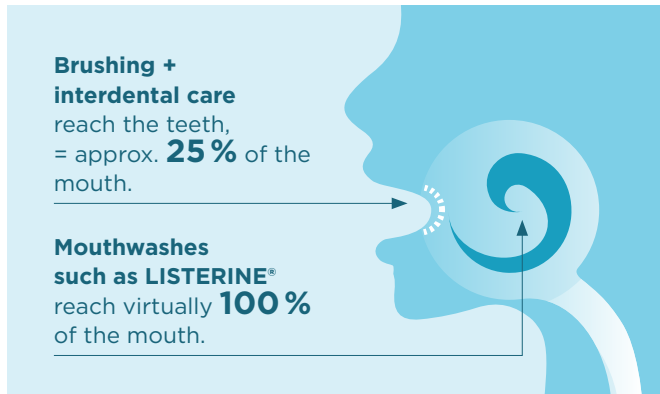
For **whiter**
teeth



Fights **overnight** the
traces of the day

Use LISTERINE® as part of a 3-step routine

How to comprehensively control bacteria* in the mouth.



LISTERINE® can reach virtually every surface of the mouth, even in hard-to-reach areas that patients may miss while brushing and flossing.



BRUSHING¹
2X daily / 2 minutes

+



INTERDENTAL¹ CLEANING
1-2X daily

+



RINSING
with LISTERINE®.
2X daily / 30 seconds**

* Bacteria that can cause bad breath, among other things, if not removed regularly.
** Rinse for 60 seconds with LISTERINE® Advanced White and LISTERINE® Nightly Reset.
¹ DG Paro, German Society of Dentistry and Oral Medicine (DGZMK), S3 guideline; Association of the Scientific Medical Societies (AWMF) Reg. No. 083-022. Nov. 2018.

3 common questions about LISTERINE®



Does LISTERINE® cause discolouration?

No, discolouration is not expected even with long-term use.¹

Does LISTERINE® have a negative influence on the oral microbiome?

No, the natural balance of the mouth's microbiome is maintained even with long-term use.²

Is LISTERINE® without alcohol as effective as with alcohol?

Yes, clinical data shows comparable efficacy.³

Read more interesting facts at:
www.listerine.de

¹ 6 months studies. ¹ Stoeken et al., Journal of Periodontology 2007; 78: 1218-1228.
² Minah GE et al., J Clin Periodontol 1989; 16: 347-352. ³ Lynch et al., BMC Oral Health 2018; 18: 6.

LISTERINE®

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