

# MOUThWASH

*Distilled water, pure grain alcohol, Blood Root (Sanguinaria Canadensis) and Myrrh powder (Commiphora Myrrha, with the finest quality, pure essential oils in two blends:*

**Breath Fresh:** Peppermint (*Mentha Piperita*), Sweet Birch (*Betula Lenta*) and Spearmint (*Mentha Spicata*)

**Plaque Defense:** Clove (*Eugenia Caryophyllata*), Lemon (*Citrus Limonum*), Eucalyptus Radiata, and Rosemary ct. Cineol (*Rosmarinus Officinalis*)

- Kills Plaque
- Prevents Gingivitis
- Natural Product
- Helps Maintain Healthy Teeth and Gums
- No Preservatives
- No Additives
- Taste is strong, but not unpleasant



The main cause of cavities is the buildup of plaque, which is a thin, transparent film on the surface of the teeth. Plaque contains bacteria, and when it is not removed, it hardens into tartar, which leads to cavities in teeth and gingivitis (inflammation) of the gums. For tooth abscesses, some have reported benefit to holding the mouthwash in mouth for several minutes every hour throughout the day.

The goal of dental hygiene is to prevent the buildup of plaque. Bloodroot (also called Sanguinaria root) is a proven plaque-killing herb, and is the active ingredient in **Heritage Mouthwash**. The results of one study showed that Sanguinaria extract in oral rinse significantly decreased gingivitis. The United States' FDA has approved the inclusion of sanguinarine in toothpastes as an antibacterial or anti-plaque agent. We add myrrh because of it's healing qualities for mouth sores.

Heritage Mouthwash is available in cobalt blue 4 oz. glass bottles with pump or as a concentrate in a cobalt blue 4 oz. glass pourable bottle.

Suggested use: Swish in mouth after each meal for about 60 seconds, then discard.

1. Godowski KC (1989). "Antimicrobial action of sanguinarine". J Clin Dent 1 (4): 96-101. PMID 2700895.
2. Southard GL, Boulware RT, Walborn DR, Groznik WJ, Thorne EE, Yankell SL (March 1984). "Sanguinarine, a new antiplaque agent: retention and plaque specificity". J Am Dent Assoc 108 (3): 338-41. PMID 6585404.
3. How to Report Problems With Products Regulated by FDA
4. Kuftinec MM, Mueller-Joseph LJ, Kopczyk RA (1990). "Sanguinaria toothpaste and oral rinse regimen clinical efficacy in short- and long-term trials". J Can Dent Assoc 56 (7 Suppl): 31-3. PMID 2207852.
5. [http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6T8D-41Y86SD-5&\\_user=10&\\_rdoc=1&\\_fmt=&\\_orig=search&\\_sort=d&\\_docanchor=&view=c&\\_acct=C00050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=d0598d4874437fb9506b5945fa05230f](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T8D-41Y86SD-5&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&_docanchor=&view=c&_acct=C00050221&_version=1&_urlVersion=0&_userid=10&md5=d0598d4874437fb9506b5945fa05230f)
6. Wikipedia definition of Bloodroot (Sanguinaria root)