

# BAD BREATH BIBLE

by Dr. Harold Katz

3rd Edition - Over 2,000,000 in print

A definitive guide to the Symptoms, Causes and Cures of Halitosis  
Written by a dentist for his patients.

 PROFESSIONAL FORMULA  
**TheraBreath**  
®

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## About the Author

Dr. Harold Katz graduated from UCLA with degrees in Dentistry and Bacteriology. He is the founder of the California Breath Clinics and has personally treated tens of thousands of patients with breath related issues. Dr. Katz is a recognized expert on the subjects of breath care and oral health with more than one thousand television and radio appearances to his credit, ranging from *Today* and *Good Morning America* to *The History Channel's Modern Marvels*. Publications like *The Wall Street Journal*, *Los Angeles Times*, *New York Post*, *Redbook*, *Shape* and *Forbes* have used Dr. Katz as their authority when it comes to the topics of bad breath, dry mouth and gum disease. He has lectured on oral care subjects at major universities in the United States, Japan, the Philippines, Singapore, and Malaysia.

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## About TheraBreath®

TheraBreath is founded on the idea that oral care products can be made from pure, natural ingredients that are not only safer to use but also work better. It is now America's largest and fastest growing dentist owned and operated oral care company. The TheraBreath fresh breath formula is recognized by dentists and clinicians as the most effective long term solution for the prevention of bad breath available without a prescription. Millions of people use TheraBreath regularly for problems related to bad breath, dry mouth, and gum health. TheraBreath products are available in most major retail stores across the United States, Canada and in dozens of countries abroad. TheraBreath.com is the most popular online destination for information on oral care, with millions of annual visitors.

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## About this Book

This book is a selection of information about bad breath, dry mouth, gum health, and general oral care written with the average person in mind. It is intended to help explain the importance of oral health to your overall health and how to best keep your mouth feeling healthy and smelling fresh.

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## A Letter from Dr. Harold Katz

Founder of The California Breath Clinics,  
Inventor of the TheraBreath System, Dentist,  
Bacteriologist and America's Oral Health Expert



I started my advanced clinical research into the problems of bad breath, dry mouth and taste disorders in 1993 when I founded the California Breath Clinics. My thirteen year old daughter was suffering from an embarrassing halitosis problem and I wanted to find something that helped her. At that time, I became convinced that a lot of the highly advertised, traditional oral hygiene products were outdated and, in some cases, not even particularly good for us. It was my goal to make something that was safer, more pure, and substantially more effective. The TheraBreath oral care system is the result of that effort. Since its introduction in 1997, TheraBreath has become a leader in the research and development of new, natural therapies for oral concerns like bad breath, dry mouth, gum health, teeth whitening, canker sores, and probiotic therapies for oral and throat health. This guide contains a brief summary of the breath treatment and oral care information we make available on our website, TheraBreath.com. This website is now referenced daily by physicians, dentists, and patients for the latest information available on many oral health related topics. I hope you find this guide helpful. It introduces some important topics regarding oral care that many people may overlook. For example, are you familiar with the ingredients in your oral care products? Do you know why dry mouth causes bad breath? Have you wondered if bad breath can come from indigestion? We'll cover all of this in these pages. If after reading this information you still have any questions, feel free to email me at [drkatz@drkatz.com](mailto:drkatz@drkatz.com) or call me at 1-800-973-7374. I am always here to help.

Yours in good health,

*Dr. Harold Katz*

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## Look for these special sections throughout this text:



### **GO ONLINE!**

Access to free online interactive resources.



### **DID YOU KNOW?**

Quick and helpful facts about oral health.



### **DR. KATZ PRODUCT TIP**

Advice on the best TheraBreath solutions for specific oral health issues.

## **Disclaimer**

The products and the claims made about specific products on or through this document have not been evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information provided in this guide is for informational purposes only and is not intended as a substitute for advice from your physician, dentist or other health care professional or any information contained on or in any product label or packaging. You should not use the information in this guide for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a health care professional before starting any diet, exercise, or supplementation program, before taking any medication, or if you have or suspect you might have a health problem.

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# Bad Breath

## What Is Bad Breath?

Your mouth is alive with living microorganisms — bacteria which live and thrive in its warm, dark environment.

**There are literally more bacteria alive in your mouth right now than there are people on planet Earth or germs in a toilet bowl.**

Some of these bacteria are beneficial, helping your body to resist invaders and digest proteins. Other bacteria may be hostile, eventually resulting in things like sore throat or ear infection. Regardless of their intent, bacteria multiply in your mouth, below the surface of your tongue, at the back of your throat and on your tonsils (if you still have them) by the billions. This is a little gross, but nevertheless true.

Just like you, all these bacteria eat. And just like you, after they eat they metabolize and produce waste. Billions of bacteria eating and then secreting waste can result in a lot of foul smelling material. Certain types of anaerobic, sulfur-producing-bacteria emit noxious smelling waste composed of volatile sulfur compounds. These compounds include hydrogen sulfide (smells like rotten eggs), methyl mercaptan (smells like rotten cabbage), putrescine and cadaverine (both smell like decay) and several other unpleasant odors. Some of these waste compounds are so potent they are also found in nature in the glands of skunks. The pungent smells that come from the waste of this type of bacteria are what we typically refer to as bad breath.



**DID YOU KNOW?** Germs cause bad breath

Bad breath is the result of billions of bad-breath-related bacteria eating left over proteins in your mouth and converting them to smelly, sulfur based waste. That's basically it.

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## Do I Get Bad Breath?

**Anyone can get bad breath – even people who are conscientious brushers and flossers.** It has less to do with oral hygiene and more to do with things like foods you eat, medications you take and personal habits you have that can provide an environment favorable to anaerobic, sulfur producing, bad-breath-related bacteria. These bacteria are always present in your mouth, but typically in limited numbers. Your body has ways of keeping bacteria in check. Sometimes those natural defenses are insufficient to effectively limit bacteria colonies. This is when even someone with great oral hygiene habits can quickly begin to smell offensive.

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**Table 1 : Some leading causes of bad breath.**

Protein rich foods	Proteins feed bacteria.
Post-nasal drip	Mucus contains protein that feeds bacteria.
Dry mouth	Drying out the mouth helps bacteria thrive.
Smoking	Smoking causes dry mouth.
Alcohol	Alcohol causes dry mouth.
Sleep apnea and mouth breathing	Mouth breathing causes dry mouth.
Acidic juices (Tomato, Citrus, etc.)	Bad breath related bacteria are able to produce waste faster in a highly acidic environment.
Gum disease	Diseased gum tissue feeds and harbors bacteria and provides opportunities for them to enter the bloodstream.
Medication that reduces immunity	Your body is less capable of limiting growth of bacteria.
Medication that causes dry mouth	Drying out the mouth helps bacteria thrive.
Lactose intolerance	May cause a sour milk odor when eating dairy-based foods.
Drying agents in oral care products	Alcohol in mouthwash and detergents like Sodium Lauryl Sulfate in toothpaste can cause dry mouth.
Sweets	Sugars (sucrose, glucose, fructose) are efficient fuel for all types of bacteria ranging from bad-breath-related bacteria to the germs that are responsible for plaque, gum disease and tooth staining. Sugars also encourage tooth decay which feeds bacteria further and exacerbates bad breath problems.

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## Things To Know About Bad-Breath-Related Bacteria

**The bad-breath-related bacteria in your mouth are not contagious.**

The microorganisms are not viruses or hostile germs, nor are they infectious. Everyone in the world has the same types of bacteria in their mouth (though they have them at different levels). You cannot be infected by bad breath from someone else — even by kissing.

**Bad-breath-related bacteria provide important benefits to your overall health.** You cannot and should not get rid of the bad breath related bacteria from your mouth entirely. Anaerobic sulfur-producing-bacteria are part of our normal oral flora and are well established in a typical, healthy mouth. It is not possible to permanently remove them by tongue scraping, antibiotics, or harsh germ-fighting mouthwash. In addition, as they help your body in various functions like digestion of proteins, removing the bacteria is not recommended.

**Bad-breath-related bacteria are anaerobic, which means they prefer to live in an environment where oxygen is NOT present.** Bad breath-related bacteria thrive in places sheltered from the air. They prefer to grow and multiply in the spaces in between the papillae (fibers) that make up your tongue, at the back of your throat and on your tonsils if you still have them. Saliva is rich with oxygen which helps control these bacteria. In the presence of oxygen, anaerobic bacteria populations dwindle. On the other hand, when your mouth is dry, bacteria populations grow very rapidly. That is why dry mouth tends to create bad breath.

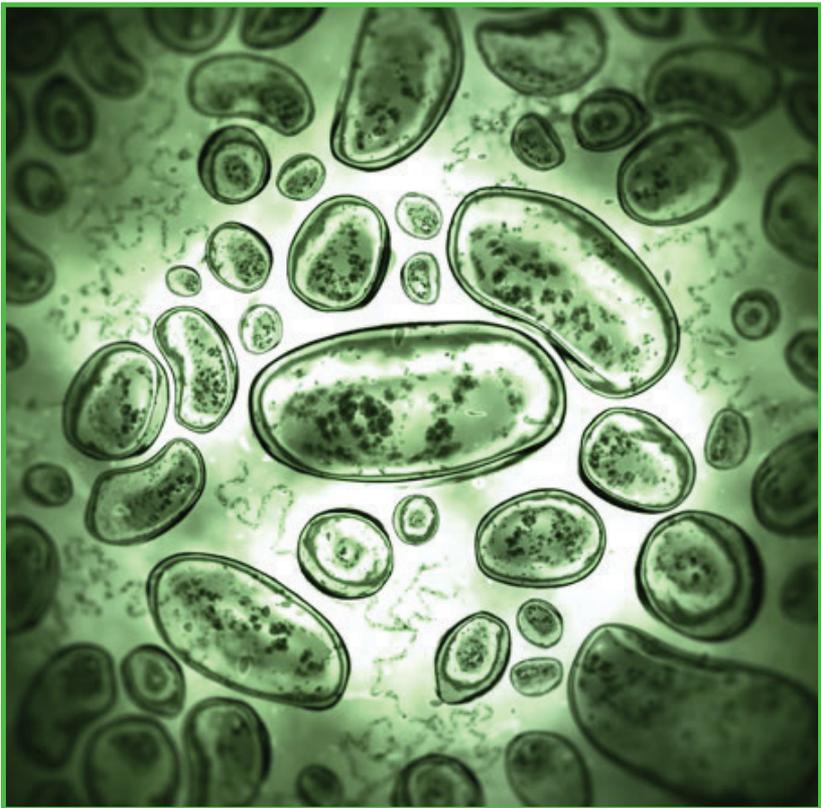
**It is possible to neutralize the smells associated with bad-breath-related bacteria by converting them to non-odorous organic salts without stripping the mouth of the bacteria's protective benefits.**

The same bacteria that cause bad breath also help you to digest proteins and fight off hostile germs. Their population and ability to metabolize waste needs to be controlled through an easy to use oral care regimen. This is the principle on which TheraBreath products were developed. Rather than using harsh astringents and drying detergents, TheraBreath uses the natural power of oxygen in the patented OXYD-8<sup>®</sup> compound to safely and effectively control breath odor and maintain a healthy mouth.

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**While everyone may have bad-breath-related bacteria living in his/her mouth, higher populations may indicate more frequent and more intense breath odor.** Studies continue into why different people have different levels of oral cavity bacteria populations. Theories attribute increases in bacteria populations to hormonal changes, dry mouth, illness, medications, etc. Any event that creates an imbalance in your oral flora can radically change the overall bacteria populations in your mouth. Higher populations of bad-breath-related bacteria lead to stronger and more frequent breath odor problems.

**Certain physical traits can predispose you to bad breath as they create an environment more favorable for bacteria.** A rough tongue surface, fissures on your tongue, having tonsils, dental pockets or cavities can all provide shelter for bacteria that can then rapidly multiply.



Billions of bacteria live in your body and provide it with many helpful benefits.

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## Common Myths About Bad Breath

### **Myth #1 - Bad breath means you don't brush your teeth.**

Not True. Bad breath is typically the result of an overabundance of bad-breath-related bacteria below the surface of your tongue and at the back of your throat. Anyone can get bad breath, even those who are meticulous with their oral hygiene. The type of oral care products you use can make all of the difference. If you are brushing conscientiously and still get bad breath, you are probably just using the wrong toothpaste.



**DID YOU KNOW?** Avoid harsh soap in toothpaste

Some toothpaste contain sodium lauryl sulfate, a soapy detergent that creates foam but has no cleaning benefit. The additive has recently been linked to serious side effects including canker sores. Read the label of your toothpaste and avoid sodium lauryl sulfate as an ingredient.



**Dr. Katz Product Tip:** Works faster and longer

**TheraBreath Toothpaste** and **TheraBreath Oral Rinse** were developed specifically to fight breath odor. Independent clinical trials have verified that nothing works faster or lasts longer to stop bad breath than TheraBreath.

### **Myth #2 - A mouthwash that burns means it is working.**

Not True. That burn can actually be bad for you. The burning you feel comes from alcohol in the mouthwash irritating the inside of your mouth. Your mouth is supposed to be a moist place and alcohol rapidly dries and irritates it. That is why you feel the burn. The drying effects of alcohol can last for hours. A dry mouth is an unhealthy mouth, as saliva works to prevent germ growth.

Recent research published in *The Australian Dental Journal* has recently shown a potential link between alcohol-based mouthwash and oral cancer. It is best to avoid this ingredient in your mouthwash while this study is ongoing.



## **DID YOU KNOW?** Vodka vs. Mouthwash

There is as much alcohol in a capful of typical mouthwash as there is in a shot of vodka. It is possible to fail a police Breathalyzer test after rinsing with a mouthwash like Listerine.



## **Dr. Katz Product Tip:** No alcohol in TheraBreath

**TheraBreath Oral Rinse** is alcohol-free and works without burning. Instead of an alcohol astringent, we use the power of oxygen to attack bad-breath-related bacteria and the odors they cause.

### **Myth #3: Bad breath comes from inside the sinus cavity.**

Not True. Bad breath can be expelled through the sinus cavity but that is not its origin. Bad-breath-related bacteria live and breed within the back of the tongue and in the throat. Post-nasal drip, respiratory infection, and other conditions that allow protein-rich mucus to reach the back of the throat will provide food to the bacteria. The bacteria will then break down the protein in mucus and create volatile sulfur compounds resulting in bad breath and unpleasant mouth tastes. You may smell odor coming out of your nose, but the source is typically the back of the throat.



## **Dr. Katz Product Tip:** Stop sinus odor with drops

I formulated **TheraBreath PLUS Nasal-Sinus Drops** to gently neutralize odors due to sinus conditions such as post-nasal drip. Applying these drops through the nostrils instantly neutralizes bacterial odors by acting at the junction where mucus and bacteria meet and react.

### **Myth #4: Bad breath can come from the stomach.**

Not True. You go out to lunch and eat the biggest meal in your life. Afterwards, you bend over to tie your shoes. Does your lunch fall out of your mouth? Of course not. There is no open tube connecting the large intestine, small intestine and stomach to your esophagus and your mouth. There are valves, muscles, sphincters (muscles that contract/close a body opening) and so on that keep digested food in its proper place. **If you burp or belch you may release smelly digestive gas - but that is not bad breath. It's bad gas.**

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**? DID YOU KNOW?** Parsley doesn't work

Breath Assure was an oral care manufacturer in the 1990s that claimed that swallowing their parsley oil capsules could freshen breath “from the inside out.” They were sued for false advertising, had to admit the fact that bad breath starts in the mouth and eventually filed for bankruptcy.

**Myth #5: You can check your breath by blowing into your hand.**

This doesn't work. Your senses become used to the smell of your own bad breath. Your body is designed so that you cannot detect your own odor. It's a process called acclimation which we have developed over centuries of evolution – it helps us to be able to distinguish strange smells quickly without being overwhelmed with our own particular odors. You breathe your own breath constantly so you become accustomed to your own smell. Blow into your hands all day and you may not smell a thing even as people are backing away from you slowly.

**? DID YOU KNOW?** Don't waste your breath

It is impossible to smell your own breath by exhaling into your cupped hand and then trying to smell the result. All you wind up doing is smelling your hand – not your breath.



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## 6 Quick Ways To Check If You Have Bad Breath

- **Run a piece of dental floss between your molars and then smell the floss.** If the floss has an odor, brush and floss to clean out decaying matter. It is already being used as a food source for bad-breath-related bacteria.
- **Wipe the top surface of your tongue with an unscented tissue or piece of cotton gauze, wave to dry, then smell it.** If you notice a yellowish stain where you wiped it's likely that you have an elevated sulfide production level and potentially pungent breath.
- **Lick the back of your hand. Let that dry for about 10 seconds and then smell.** If you smell any type of odor you probably have bad breath. Sulfur salts from your tongue have been transferred to your hand and that is what you are smelling.
- **Check the color of your tongue.** Stand in front of the mirror and stick your tongue out as far as possible. If you notice that the very back of your tongue is white or yellow it may be a sign of the bacterial waste that leads to breath odor.
- **Ask the opinion of someone you can trust.** It's kind of a personal question, so make sure it is someone close to you, such as a friend or relative.
- **If your mouth tastes bad, it probably smells bad.**



**TAKE OUR ONLINE BREATH ODOR SELF TEST.**

[www.therabreath.com/fresh-breath-advisor/](http://www.therabreath.com/fresh-breath-advisor/)

Our simple test is a guided, self evaluation made up of multiple choice questions. It is designed to highlight personal habits and oral care issues that can lead to bad breath and other potential dental problems.

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## Food and Bad Breath

When food sits out too long it starts to spoil because anaerobic bacteria are breaking it down. The same process takes place in your mouth with residual pieces of food left behind every time you eat, only much more quickly.

Bacteria love proteins. Most foods are packed with proteins that bad-breath-related bacteria will rapidly convert to smelly waste. That is why bad breath tends to follow a meal and can occur no matter what you eat. Some foods, however, have more of a tendency to cause bad breath than others.



- **Smelly foods like Onions, Garlic and Curry** contain powerful volatile sulfur compounds called mercaptans and are also protein-rich. Eating them feeds bacteria and augments bacterial odor with these naturally occurring mercaptan smells.
- **Protein dense foods like Meat, Dairy and Beans** are a favorite food source for bad-breath-related bacteria. Providing bacteria with plenty of protein elevates their number and the amount of waste they produce. More waste invariably leads to bad breath.
- **Acidic foods and beverages like Tomatoes, Pineapple, Citrus and Coffee** contain high levels of acids which cause bacteria to reproduce more rapidly. Bad-breath-related bacteria prefer a more acidic environment and are more active at higher levels of mouth acidity.



**Dr. Katz Product Tip:** Stop bacterial odor

TheraBreath products are formulated to not only attack bacterial odors but also attack the smells associated with pungent foods, no matter how stinky. Enjoy smelly foods to your heart's delight. Just use **TheraBreath Toothpaste** and **TheraBreath Oral Rinse** afterward to keep from smelling like what you ate, or worse.

## Mouth Acidity, Taste Sensation and Bad Breath

Over time, mouth acidity can cause tooth erosion, acid reflux and tooth sensitivity to heat, cold and sweets. Most oral care products tend to be acidic which can actually make acid erosion problems far worse over time.

An interesting side effect of an acidic mouth environment is that it may alter your sense of taste. **TheraBreath products are pH buffered and restore a more healthy, less acidic oral environment.** Some people actually notice a substantial change in what things taste like when they first start to use TheraBreath. That is their taste buds adjusting to the change in pH. After a few uses everything will return to tasting normal as the brain adjusts but many users report that food and drink now have a cleaner taste.

### **DID YOU KNOW?** Germs like an acidic mouth

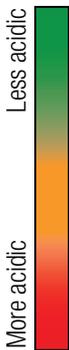
pH is a term used to describe the acidity or basicity of the environment. The oral cavity has a normal pH of 6.5, which is somewhat acidic. Bad-breath-related bacteria thrive in an acidic environment. Acid is one of the primary causes of tooth enamel erosion and tooth sensitivity.



### **Dr. Katz Product Tip:** pH balanced mouthwash

TheraBreath Oral Rinse is uniquely pH balanced to buffer mouth acidity, slow bacteria growth and help prevent acid-related tooth enamel erosion that can lead to tooth sensitivity and gum disease. Reducing acidity in your mouth can also help things taste better.

**Table 2 : Acidity for common mouthwash products**

	pH	
 Less acidic More acidic	8.2	TheraBreath Mouthwash (less acidic than water)
	7.0	Water 
	6.5	Rembrandt Mouthwash (more acidic than water)
	5.4	Scope Mouthwash
	4.3	Listerine Mouthwash
	3.7	Colgate Peroxyl Mouthwash
	3.2	The Natural Dentist Mouthwash (most acidic)

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## Alcohol and Bad Breath

Alcohol is a harsh drying agent typically found in beer, wine and cocktails. However it is also a common ingredient in many mouthwash products despite its tendency to create a very dry mouth. As previously discussed, a dry mouth is an unhealthy mouth. Without the protection of saliva, germs are able to multiply rapidly and give you terrible breath.

To avoid this, follow up a cocktail with an 8 oz. glass of water to rehydrate dry tissue. If you are using a drying, alcohol-based mouthwash, switch to an alcohol-free brand like TheraBreath. Long term use of mouthwash containing alcohol can lead to more serious oral care problems.

### **DID YOU KNOW?** Avoid alcohol in mouthwash

Laboratory scientists use alcohol to dry out hard to reach areas in test tubes. The same result takes place when you gargle with an alcohol based mouthwash.

### **Dr. Katz Product Tip:** TheraBreath is alcohol-free

TheraBreath Oral Rinse contains no alcohol, artificial flavors or colors and doesn't burn. It is very pleasant to use and incredibly effective. Clinical testing has shown that the mouth produces more saliva after use of TheraBreath, rather than drying out after the use of an alcohol-based mouthwash.

## Smoking and Bad Breath

Smoking quickly dries out the mouth and introduces nicotine and tar, which contribute to making an even more complex unpleasant odor. If you happen to smoke and drink alcohol, bad breath is almost a certainty.

### **Dr. Katz Product Tip:** A tip for smokers

While I recommend that anyone who smokes should stop to prevent long term health problems, **TheraBreath PLUS products** are recommended for smokers who are concerned about tobacco breath. **TheraBreath PLUS Toothpaste** and **TheraBreath PLUS Oral Rinse** work well to keep you smelling like a non-smoker until you decide to quit. It has even been credited for saving a few marriages where cigar smoking was involved.

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## What's the Story With Morning Breath?

Saliva is the body's natural barrier against bacteria. As you sleep throughout the night, your salivary glands slow down because your brain knows you are not eating. For some people over thirty, salivary glands can shut down completely at night. If you have ever awakened from a very dry mouth, this is probably happening to you.

Combine this with the constant flow of air through your mouth as you sleep (amplified if you snore) and you get an extremely dry environment – one that is ideal for bad-breath-related bacteria to quickly multiply and produce a great deal of waste. By the time you wake up, your mouth is coated with the smelly stuff. This is why many people get morning breath.

### **? DID YOU KNOW?** Everyone gets morning breath

Morning breath is the most common form of bad breath and affects just about everyone. It is also very easy to prevent by using TheraBreath before bed.

### **✓ Dr. Katz Product Tip:** Prevent morning breath

The key to preventing morning breath is to reduce the ability of bad-breath-related bacteria to produce smelly waste as you are asleep when your mouth tends to be more dry. [Using TheraBreath Toothpaste](#) and [TheraBreath Oral Rinse](#) immediately before bedtime has been clinically tested to reduce morning breath. Using TheraBreath also helps to establish a healthy level of moisture and reduce overnight dry mouth symptoms as you sleep. It is an easy way to keep from waking up with morning breath every day.



## Post-Nasal Drip, Sinus Problems and Bad Breath

Mucus is made of proteins that bacteria find delicious. When you have post-nasal drip, mucus drains down through your nasal passages and coats the back of the tongue and throat where bacteria live. This feeds the bacteria, which have a field day breaking down these proteins into odorous and sour tasting compounds. Providing a mucous food source for bad-breath-related bacteria can result in the rapid onset of bad breath.



Post-nasal drip happens to be one of the main causes of bad breath in children as they tend to get a lot of runny noses. Colds and sore throats can also feed bad-breath-related bacteria, which is why people with those illnesses can have a characteristic 'sick' breath odor.



### **DID YOU KNOW?** Sinus meds make breath worse

The use of antihistamines for sinus problems can make a bad breath problem even worse. Antihistamines can dry the sinus area and slow the production of saliva. Less saliva means your body has less capacity to control bad-breath-related germs in your mouth which leads to worse breath.



### **Dr. Katz Product Tip:** Controlling sinus odor

An effective way of reducing odor from post-nasal drip is to use **TheraBreath PLUS Nasal-Sinus Drops**. A few drops in each nostril will instantly reduce bad breath associated with mucus coming from the nasal cavity. Keep in mind that bad-breath-related bacteria live in the throat and left untreated, will continue to cause odor from other food sources in the mouth. It is important to use the drops in conjunction with **TheraBreath Toothpaste** and **TheraBreath Oral Rinse** to effectively manage breath odor.



### **MORE INFO ABOUT POST-NASAL DRIP**

[www.therabreath.com/post-nasal-drip.html](http://www.therabreath.com/post-nasal-drip.html)

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## The Tongue and Bad Breath

The tongue has a topography like a map. Differences in this topography can influence the likelihood and degree of bad breath. Generally, the rougher one's tongue, the more likely they are to have a bad breath problem. Some tongues have deep grooves or fissures. Fissured tongue tends to lead to bad breath as fissures provide an ideal environment for bacteria to multiply.

Some tongues have papillae (the fibers on the top surface of the tongue) that are slightly longer than the norm. This is known as hairy tongue. The longer the papillae, the rougher the appearance of the tongue and the more places there are for bad-breath-related bacteria to hide.



### **DID YOU KNOW?** Don't scrape too hard

A tongue scraper is not recommended for people with hairy tongue, a condition referring to tongue fibers that are slightly longer than the norm. Scraping can lead to irritation and injury for people with this condition.

## Geographic Tongue

Geographic tongue is a condition characterized by large white patches on the tongue often encircled by red borders. It is called “geographic” because these patches tend to move locations over time. Geographic tongue can be triggered by a reaction to food, stress, illness, certain chemicals and hormonal surges. Generally, the condition is painless. Some foods can irritate geographic tongue and cause a stinging sensation — these include foods that are acidic, spicy, sour or sweet.



### **Dr. Katz Product Tip:** No more splotchy tongue

People who have geographic tongue have found relief by applying [TheraBreath Toothpaste](#) directly to their tongue. [TheraBreath Toothpaste](#) contains aloe vera which soothes tongue irritation. For more severe conditions of geographic tongue, you may want to try [TheraBreath PLUS Toothpaste](#) which also contains zinc gluconate which is known to help soothe this condition.

Table 3 : Some typical tongue types



### Healthy Tongue

Note the slight glistening due to the presence of adequate saliva and the nice pink color.

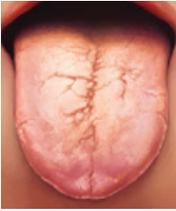
**Topography:** Smooth.



### Coated Tongue (yellow coating)

Yellow coating gets darker in the back showing an increase in the production of sulfur compounds.

**Topography:** Slight fissure in the middle.



### Dry Coated Tongue

**Topography:** Random fissures



### Coated Tongue (white coating)

**Topography:** Deep median fissure



### Black Hairy Tongue

Occurs when papillae (finger-like projections on the surface of the tongue) fail to exfoliate normally. As papilla lengthen they collect debris and bacteria, producing the characteristic dark “furry” appearance. Can be produced by overuse of antibiotics.



### Geographic Tongue

Usually not associated with bad breath. Can be associated with stress or a physical reaction to certain toothpaste and mouthwash ingredients (Sodium Lauryl Sulfate, Alcohol, etc.)

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## Tongue Sensitivity and Burning Tongue Syndrome

If a tongue becomes very dry or irritated the outer layer can become very sensitive. This painful, burning condition is called burning tongue syndrome and tends to occur more frequently as we age.

While burning tongue syndrome is common to both sexes, it tends to occur more frequently among women. That has caused some physicians to believe that there is a hormonal component to the condition. Diabetics may notice a higher incidence of burning tongue.

The drying effects of alcohol and soap on a tongue already experiencing burning and irritation can be very painful. It is recommended that people experiencing burning tongue symptoms avoid products containing these ingredients to prevent further irritation.



### **Dr. Katz Product Tip:** Be kind to your tongue

TheraBreath products are specifically formulated to be mild and prevent tongue irritation. [TheraBreath Toothpaste](#) will help quickly soothe a burning tongue - you can use it directly on your tongue for 90 seconds, twice a day to help extinguish burning tongue syndrome. Follow with [TheraBreath Oral Rinse](#) to help reestablish a healthy pH and moisture level in your mouth.

## 6 QUICK TIPS for Those With Burning Tongue Syndrome

- **Avoid oral care products with alcohol or sodium lauryl sulfate** as both can dry the tongue further, causing even more pain.
- **Avoid acidic beverages** like coffee, citrus juices or tomato juice - additional acidity will make the burning sensation worse.
- **Take a vitamin C supplement.** A vitamin C deficiency can sometimes be a contributing cause of burning tongue.
- **Drink enough water.** Drink eight glasses of water per day.
- **Do not smoke.** Smoking dries the tongue and makes it more sensitive.
- **See your physician** to check for diabetes or thyroid problems.

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## Bad Breath and Breath Mints and Lozenges

Sometimes you feel like your breath could use a touch up but it's not practical to brush and rinse. That's when many of us pop a breath mint.

Traditionally, breath mints were candies designed to mask bad breath with strong flavors like mint (hence the name “breath mint”). The fact that these candies stimulated saliva, which is helpful to freshen breath, was overshadowed by the huge quantities of sugar or sugar derivatives they contained. Sugars feed many types of bacteria – not only bad-breath-related bacteria, but also those that create dental plaque, tooth decay and gum disease. Many people trying to prevent bad breath wind up actually doing the opposite by feeding sugary mints to the oral bacteria responsible for breath odor and decay.



### **DID YOU KNOW?** Avoid sugar in oral products

Any type of sugar is unacceptable in an oral care product because it feeds bacteria. Read the ingredient labels of your oral care products. You may be surprised by what some manufacturers use in products designed to improve oral health.

## 6 THINGS to Look for in a Breath Mint

- **Make sure your breath mint is sugar-free.** Sugars feed bacteria.
- **Avoid mints that use artificial sweeteners such as saccharin and aspartame.** The use of these products can be problematic to your health over the long term for a variety of reasons.
- **Look for xylitol as a sweetener.** In recent years xylitol has been shown to have anti-cavity properties, is a non-sucrose sweetener and tastes great.
- **Use hard lozenges.** A hard lozenge you can suck on will stimulate production of saliva. This will help freshen your breath and fight germs.
- **Avoid artificial flavors and colors.** You will probably consume thousands of mints in a lifetime. That can be a lot of artificial additives over time. There are many breath lozenges that don't use artificial additives – use one of those.
- **Natural antimicrobials work great to keep your mouth fresh and germs in check.** Look for ingredients like licorice root extract and clove.

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# Bad Breath and Tonsil Stones

## What are Tonsil Stones?

Tonsil stones are caused by an accumulation of bacteria and debris that become lodged in the tonsils. This debris putrefies in the back of your throat and collects in the small divots or pockets which appear on the surface of the tonsils

### **DID YOU KNOW?** Smelly globs from the throat

Tonsil stones are white or yellow lumps of gooey bacterial waste that can form at the back of your throat. They are quite common for people who still have their tonsils. People who have had their tonsils removed typically do not experience tonsil stones. They give off a foul odor and lead to very bad breath.

## What Causes Tonsil Stones?

The purpose of the tonsils is to trap airborne particulates and other matter to prevent it from entering the body through the throat. They also filter lymph fluid. Unfortunately, the tonsils cannot always differentiate between harmful and benign particles and tend to retain tiny bits of matter indiscriminately. This can be exaggerated if the amount of lymph fluid is more than the tonsils can effectively filter. Often, this matter settles into crevasses in the tonsils.



### **Dr. Katz Product Tip:** Stop smelly tonsil stones

Tonsil stones can be safely removed by irrigating your tonsils through gargling with **TheraBreath Oral Rinse**. You can also help to avoid the formation of tonsil stones by using **TheraBreath Toothpaste** and **TheraBreath Oral Rinse** daily. Our products are formulated to prevent the ability of bacteria to generate large quantities of waste. As tonsil stones are an accumulation of this waste, using our products can effectively prevent their appearance.

We also make the **TheraBreath Tonsil Stones Kit** available on our website. The kit makes treating Tonsil Stones very easy. Go online for more information.



**LEARN MORE ABOUT TONSIL STONES**

[www.therabreath.com/tonsil-stones.html](http://www.therabreath.com/tonsil-stones.html)

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# Dry Mouth

## Why Saliva is Important to Your Overall Health

Saliva is your body's own natural barrier against hostile germs and other bacteria that enter through your oral cavity. If you think about it, there are very few good ways for germs to enter your body unless you have open cuts or other trauma – your mouth is your body's "front door." When your mouth is drier, you have less saliva to control germs and bacterial growth in your mouth and you leave your "front door" wide open for unwanted visitors. This can lead to rapid proliferation of bacterial colonies that not only cause bad breath but sometimes far worse health problems.

**Your saliva helps keep your mouth healthy and fresh because it contains a substantial dose of oxygen.** Many bacteria are anaerobic, which means that they thrive and make more odor when there is less oxygen. Having a healthy, moist mouth dense with oxygen creates an environment that is hostile to these germs. A dry mouth, on the other hand, helps them feel right at home.

Saliva also provides other important benefits, including aiding in the digestion of food, lubricating the oral cavity and maintaining a stable pH in the mouth. **Maintaining healthy levels of saliva is important.**

## Why Do I Get Dry Mouth?

There are many reasons dry mouth becomes a problem. Sometimes it is due to age. Starting in our twenties we start to produce less saliva. By the time we are in our forties and fifties dry mouth may be a chronic condition that many people self-medicate with mints and gum.

Dry mouth can also be caused by prescription medication, antihistamines, adult beverages, tobacco, coffee, having to do a lot of talking, alcohol-based mouthwash and many other factors.



**GET MORE DRY MOUTH INFORMATION**

[www.therabreath.com/dry-mouth.html](http://www.therabreath.com/dry-mouth.html)

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## Dry Mouth and Medication

Many people are unaware that the medications that they've been taking for years could be causing bad breath and making food taste differently than expected. The reported side effects of many medications include dry mouth and an alteration in taste perception.

**At last count, over 75% of commonly prescribed medicines listed dry mouth as a potential side effect.** Medications that cause dry mouth problems include antidepressants, antihistamines, high blood pressure medications, medications for high cholesterol, indigestion, seizures and migraine headaches.

**Over the counter drugs not requiring a prescription can also frequently cause dry mouth.** This includes stuff that may already be in your medicine cabinet – Roloids, Motrin, Benadryl, Claritin, Imodium, Zantac and more.

For more information see **Appendix A: Medications that can cause dry mouth** or visit the online resource below for a complete list.

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**Table 4 : Some Meds That Cause Dry Mouth**

Appetite suppressants	Anorex SR, Adipost, Didrex, Zantryl
Antacids	Prilosec, Prevacid, Protonix
Anxiety drugs	Ativan, Valium, Xanax
Antispasmodics	Anaspaz, Bentyl, Donnatal
Anticonvulsants	Neurontin, Tegretol
Antidepressants	Celexa, Paxil, Prozac, Wellbutrin, Zoloft
Antihistamines	Actifed, Benadryl, Claritin, Vistaril, Zyrtec
Blood pressure drugs	Accupril, Flomax, Norvasc
Bronchodilators	Alupent, Combivent, Spiriva, Ventolin
Diarrhea treatments	Imodium AD, Lomotil
Diuretics	Diurese, Lasix, Zaroxolyn
Pain relievers	Motrin, Naprosyn
Parkinson treatments	Akineton, Permax, Symmetrel, Requip



**LIST OF DRY MOUTH INDICATING MEDS**  
[www.therabreath.com/medication.html](http://www.therabreath.com/medication.html)

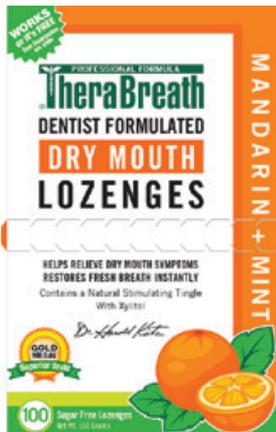
## 6 QUICK WAYS to Avoid Dry Mouth

Unfortunately, we can't avoid many of the causes of dry mouth. If a doctor has prescribed a medication, we need to take it even if dry mouth is a side effect. However, there are some things we can do to avoid dry mouth.

- **Drink eight glasses of water a day to stay hydrated.** A glass of water can be a quick fix for a dry mouth. While not as good as your saliva, water is still a great way to keep oral tissues moist.
- **Suck on a sugar-free lozenge to stimulate saliva.** This tricks your brain into thinking you are eating, triggering your salivary response. Tiny mints are not substantial enough to trigger the response.
- **Avoid alcohol-based mouthwash.** Clinical studies have proven that mouthwash containing alcohol results in dry mouth that can sometimes last for hours.
- **Avoid soap like sodium lauryl sulfate in toothpaste.** Clinical studies have proven that sodium lauryl sulfate can cause mouth dryness, inflammation and canker sores.
- **Do not smoke.** Smoking will dry the mouth.
- **If you must do a lot of talking, stop for sips of water.** Prolonged speaking dries the mouth very quickly.



**Dr. Katz Product Tip:** Our dry mouth solution



**TheraBreath Dry Mouth Lozenges** are formulated to help with all types of dry mouth symptoms. They contain a powerful, natural ingredient that stimulates saliva production and helps your mouth stay moist and fresh.

Grab a few for your car, your desk, purse or wherever they can be handy throughout the day.

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# Canker Sores and Your Toothpaste

## What are Canker Sores?

Canker sores are small oral ulcers that can make life unbearable when eating, drinking, speaking or swallowing. They occur on the inside of the mouth and are white or yellow surrounded by a dark red area. Canker sores can form due to a variety of reasons ranging from stress to injury or trauma of oral tissue – sometimes they can even be caused by overly vigorous brushing.

## Can Your Toothpaste Give You Canker Sores?

Recent research has also linked a foaming agent called sodium lauryl sulfate common to many toothpastes to the formation of canker sores. This harsh chemical has been proven to create microscopic damage to the oral tissue which lines the inside of your mouth. This tissue damage can then lead to canker sores.



### **Dr. Katz Product Tip:** Help for canker sores

**TheraBreath Toothpaste** has never contained sodium lauryl sulfate or any other type of foaming agent that has been linked to canker sores. If you are using another toothpaste and experience problems with canker sores, try switching to **TheraBreath Toothpaste** for one month to see if they disappear. If they do, the canker sores may be a reaction to your current toothpaste.



### **DID YOU KNOW?** Canker sores vs. cold sores

The two conditions sound the same but they are very different. Canker sores are ulcers that start inside the mouth or on the tongue and are typically due to stress or injury. They are not infectious. Cold sores typically start on the lip or facial area immediately next to the lip and are an outbreak symptom of the Herpes Simplex virus type 1 (HSV-1). Cold sores are very contagious and the virus can easily be spread to others. Contact with them should be avoided.

**INTERESTING NOTE:** Most adults who are carriers of HSV-1 were infected by the virus during their preschool years from an infected adult.



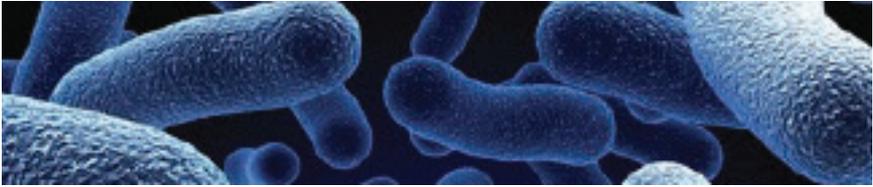
**LEARN MORE ABOUT CANKER SORES**

[www.therabreath.com/canker-sore.html](http://www.therabreath.com/canker-sore.html)

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## Oral Care Probiotics - A Breakthrough in Oral Care

There is an ongoing battle that takes place in your body. That battle is between beneficial bacteria ("good" microbes that are part of your normal microflora and help you with natural functions like immunity) and hostile bacteria ("bad" invasive microbes that try to take over that same environment). When the beneficial bacteria are winning, your health is not impacted. When hostile bacteria get the upper hand, you get sick.



Probiotic treatment attempts to strengthen the numbers of beneficial bacteria by introducing billions of bacteria into your system and encouraging them to grow more beneficial bacteria. The idea is that with a bigger army of beneficial bacteria you will win the battle quickly and easily while suffering from less symptoms.

Oral care probiotics are a new generation of probiotic treatment. In partnership with researchers at the University of Otago in New Zealand, TheraBreath has led the way in development of advanced BLIS (bacteriocin-like-inhibitory-substances) probiotic therapies now available in the US. Newly discovered BLIS bacteria are very specialized strains that can actively target specific germs responsible for oral health issues. In addition, BLIS bacteria have shown a remarkable ability to help strengthen the body's own resistance to a variety of germ-borne illness.

**?** **DID YOU KNOW?** A dirty mouth can make you ill

Keeping your mouth clean and safe from germs can help protect you from things far worse than bad breath. Germs that enter through the mouth have been linked to the common cold, various types of flu, strep throat and inner ear infection.



**GET OUR COMPLETE ORAL CARE PROBIOTICS GUIDE**

[www.therabreath.com/docs/probiotics-lozenges-guide.pdf](http://www.therabreath.com/docs/probiotics-lozenges-guide.pdf)

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## Gum Disease, Bad Breath and Your Health

Gum disease, also known as periodontal disease, is an infection of the tissues and bones surrounding and supporting your teeth. Your mouth is always creating plaque which is a clear and sticky substance that contains damaging bacteria. In the presence of certain sulfur compounds, these bacteria can penetrate your gum line where they cause gum tissues to become infected and break down.

**Gingivitis is the first stage of gum disease.** It generally involves having swollen, red gums that bleed easily when you floss or brush. Gingivitis is reversible and usually does not cause pain. However, gingivitis can eventually turn into periodontitis which is much more serious.

**Periodontitis is the second stage of gum disease.** It involves your gums pulling away from your teeth and leaving deep pockets between your gums and teeth where bacteria can grow and cause damage to the bone that supports your teeth. Your teeth can become loose and fall out or need to be pulled out due to infection. Periodontitis is so destructive it can necessitate serious periodontal procedures and even oral surgery.

### **? DID YOU KNOW?** Bad breath can cause gum disease

The odorous sulfur compounds found in bad breath can initiate gum disease. Consequently, attacking the bugs and odors of bad breath is the first step of a healthy mouth. The secret here is that the sulfur in bad breath can create gum disease—not the other way around!



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## How are Gum Disease and Bad Breath Related?

Blood and diseased tissue from gum disease are proteins. The bad breath bacteria eat, digest and convert proteins into smelly, sulfur compounds. Not only does this cause bad breath, it creates an ever worsening cycle of bad breath and gum disease. The sulfur compounds allow bacteria and toxins to penetrate your gumline which worsens the gum disease – this leads to more bleeding and diseased tissue – which leads to more bacteria, which leads to more sulfur compounds, etc.

## Bleeding Gums Can Lead to Heart Attacks and Strokes

Studies have suggested that gum disease may be as significant as smoking or high cholesterol when it comes to heart disease and strokes. Swollen and bleeding gums allow bacteria and toxins to infiltrate your bloodstream and travel to your brain and heart possibly causing a stroke or heart attack.

The bottom line is that gum disease can be extremely damaging to your overall health – not just your oral health and breath. It is very important to visit your dentist regularly and maintain adequate oral hygiene using quality oral care products.



### **Dr. Katz Product Tip:** Reverse gum disease

Gum disease in its gingivitis stage can be reversible, so it is important to take the proper steps as soon as you can to prevent it from becoming periodontitis which can be very destructive.

**TheraBreath PerioTherapy** products provide healthy oxygen to damaged gum tissue and also attack nasty, anaerobic, sulfur-producing bacteria. **PerioTherapy** products contain powerful, advanced ingredients such as Zinc Gluconate, CoQ10, Pyrophosphates, whole leaf Aloe Vera and Tea Tree Oil.



### **FIND SOLUTIONS FOR GUM DISEASE**

[www.therabreath.com/solution/gum-disease.html](http://www.therabreath.com/solution/gum-disease.html)

# TheraBreath Products

## TheraBreath Mild Mint Oral Rinse

Nothing works faster and lasts longer to prevent bad breath.

TheraBreath Fresh Breath Oral Rinse is unconditionally guaranteed to stop bad breath. The patented formula uses the natural germ fighting power of oxygen to attack the source of bad breath odor and gum irritation, while preventing dry mouth symptoms. Natural Mild Mint flavor.

Works instantly on bad breath • Controls dry mouth symptoms  
Non-burning and alcohol-free • Helps maintain gum health  
No artificial flavors or colors • 24 hour confidence **GUARANTEED**  
Vegan • Kosher • Gluten-Free • Approved for Diabetics

Featured: *The History Channel's Modern Marvels* episode on "Stink"



[www.therabreath.com/mouthwash/therabreath-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-oral-rinse)

*"I just wanted to say how much I love the TheraBreath Rinse. My daughter is 15 and has breath issues. This is the only product she will use. It doesn't burn her mouth and she gets results. Thank you for helping fight her bad breath!" - Kara*

TheraBreath Fresh Breath Oral Rinse formulas are accepted by ADA (American Dental Association) in helping to reduce bad breath.



Helps reduce bad breath

## TheraBreath Icy Mint Oral Rinse

Same effect with a new invigorating Icy Mint flavor.

Our time-tested, original oral rinse now comes in an invigorating NEW Icy Mint flavor. We've incorporated all the bad breath fighting technology of our original, TheraBreath Oral Rinse and added a cool blast of minty

Works instantly on bad breath • Controls dry mouth symptoms  
Non-burning and alcohol-free • Helps maintain gum health  
No artificial flavors or colors • 24 hour confidence **GUARANTEED**  
Vegan • Kosher • Gluten-Free • Approved for Diabetics



[www.therabreath.com/mouthwash/therabreath-icy-mint-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-icy-mint-oral-rinse)

*"I have been using Therabreath mouthwash for years and I just tried the new flavor today. I think yall did a fantastic job in coming up with a new flavor. My mouth feels so fresh afterwards, and you guys didn't compromise on the formula itself. Thanks so much for this new flavor." - Tyler*

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# TheraBreath Products



## TheraBreath Dry Mouth Oral Rinse

NEW! Natural active ingredient helps produce more saliva, soothes and moisturizes the mouth with a pleasant tasting non-alcoholic formula. Blends natural salivary enzymes with soothing mouth moisturizers and a natural flower extract which enhances saliva. TheraBreath Dry Mouth Oral Rinse is a non-alcoholic breakthrough solution to help relieve dry mouth symptoms. Goes far beyond just moisturizing!

natural active ingredient helps produce more natural saliva, soothes and moisturizes and pleasant tasting no-alcohol formula.

**Soothes and moisturizes a dry mouth • Alcohol free • Vegan**



[www.therabreath.com/mouthwash/therabreath-dry-mouth-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-dry-mouth-oral-rinse)

*“For the first time I have saliva in my mouth all day.” -Thank you! Kevin in the UK*

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## TheraBreath for KIDS! Oral Rinse

Our new Anti-Cavity rinse is made for KIDS! Millions of adults use TheraBreath Oral Rinse formulas daily because they work and because they're free of problem ingredients found in many other mouthwashes.

Our new TheraBreath for Kids! Oral Rinse is made with certified natural flavoring from organic grapes and sweetened with a touch of Xylitol, a sweetener with proven oral health benefits.

**Helps prevent cavities • Freshens breath • No artificial colors or flavors • tastes great! kids love it! • Sugar-Free • Vegan Gluten-Free • Approved for Diabetics**

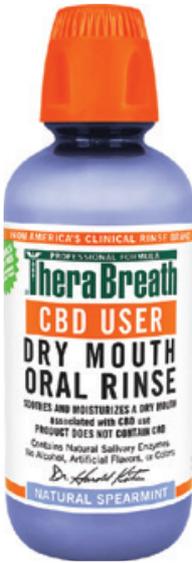


[www.therabreath.com/mouthwash/therabreath-for-kids-anti-cavity-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-for-kids-anti-cavity-oral-rinse)

*“This is one of the few remaining GENUINE companies with a solid product that is still sold by the Manufacturer.” -Thanks! Ashley Saint Petersburg FL*

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# TheraBreath Products



## TheraBreath CBD User Oral Rinse

Many have discovered the incredible benefits of CBD to help relieve pain and treat anxiety and depression. Many have also discovered the dry mouth that accompanies CBD use. Now, many will discover TheraBreath CBD User Oral Rinse. The natural active ingredients help produce more saliva while soothing and moisturizing the mouth with a pleasant-tasting non-alcoholic formula.

**Soothes and moisturizes a dry mouth • Alcohol-free • Vegan • Gluten-free • Does not contain CBD • No artificial colors or flavors • Approved for diabetics**



[www.therabreath.com/mouthwash/therabreath-cbd-users-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-cbd-users-oral-rinse)



## TheraBreath Rainforest Mint Oral Rinse

A new flavor for our ADA-approved, clinically-proven bad breath fighting formula! Introducing TheraBreath Rainforest Mint Oral Rinse. The same halitosis fighting power as our original TheraBreath Fresh Breath Oral Rinse, but with a citrus bergamot flavor unlike any other mouthwash available!

**Works instantly on bad breath • Controls dry mouth symptoms**  
**Works instantly on bad breath • Non-burning and alcohol-free • No artificial colors or flavors • 24-hour confidence**  
**• Certified vegan, kosher, and gluten-free • Approved for diabetics**



[www.therabreath.com/mouthwash/therabreath-rainforest-mint-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-rainforest-mint-oral-rinse)

# TheraBreath Products



## TheraBreath Healthy Smile Oral Rinse

There are many oral rinses out there that promise to protect you from cavities. But how many oral rinses can also help deliver brighter, happier smiles? TheraBreath Healthy Smile Oral Rinse can.

The secret is in the concentrated active solution, fortified with xylitol and fluoride. You already know that fluoride fights cavities, but what you may not know is that it also remineralizes your teeth. This makes your smile bright and lustrous and gives you the confidence to show it to the world. The natural active ingredient helps produce more natural saliva, soothes and moisturizes and pleasant tasting no-alcohol formula.

**Helps prevent cavities • Freshens breath • Works instantly on bad breath • Non-burning and alcohol-free • No artificial colors or flavors • 24-hour confidence • Certified vegan, kosher, and gluten-free • Approved for diabetics**



[www.therabreath.com/mouthwash/therabreath-healthy-smile-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-healthy-smile-oral-rinse)



## TheraBreath Mild Mint Toothpaste

Brush away bad breath, dry mouth, sensitivity and cavities.

Our world-famous original TheraBreath Toothpaste is guaranteed to stop bad breath fast while fighting the germs that cause cavities. Use it daily with TheraBreath Oral Rinse for a healthy mouth, kissably fresh breath and some really impressive dental checkup results!

**Works instantly on bad breath • Controls dry mouth symptoms  
Helps maintain gum health • Free of sodium lauryl sulfate  
Recommended for canker sores • 24 hour confidence GUARANTEED  
Vegan • Kosher • Gluten-Free • Approved for Diabetics**



[www.therabreath.com/toothpaste/therabreath-toothpaste](http://www.therabreath.com/toothpaste/therabreath-toothpaste)

*"I tried all of the toothpastes and mouthwashes that were supposed to help with tooth sensitivity. I also had an ongoing breath problem according to my husband. Then I found TheraBreath Toothpaste and something amazing happened. I can eat cold foods again and my breath is great! Wow!" - Kelli A.*



POWERED BY OXYGEN™

PROFESSIONAL FORMULA

**Thera Breath**

DENTIST FORMULATED

**FRESH BREATH**

**ORAL RINSE**

FIGHTS BAD BREATH FOR **24 HOURS\***

Works Instantly to Target Bad Breath Germs  
No Alcohol, Artificial Flavors, or Colors • Non-Burning

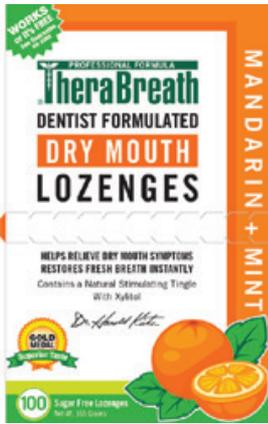
ADA  
Approved

*Dr. Harold Katz*

**RAINFOREST MINT**

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# TheraBreath Products



## TheraBreath Dry Mouth Lozenges Mandarin Mint 100ct

Unique three step lozenge relieves dry mouth and restores fresh breath instantly.

**Step 1.** Our citrus mint formula quickly neutralizes any unpleasant flavors and odors in your mouth.

**Step 2.** The clinical strength powers of Zinc, Oxygen and Xylitol attack the germs that cause bad breath.

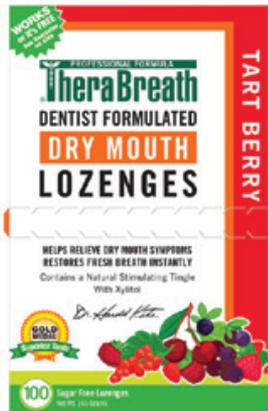
**Step 3.** Our proprietary mouth wetting agent stimulates saliva production to relieve dry mouth.

**Controls bad breath instantly • Relieves dry mouth symptoms • Sugar-Free Vegan • Kosher • Gluten-Free • Approved for Diabetics**



[www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges](http://www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges)

*"Your lozenges are amazing! I suffer from chronic dry mouth because of daily medications I take. I get complete relief by using the lozenges. And my breath is perfect!" - David S.*



## TheraBreath Dry Mouth Lozenges Tart Berry 100ct

New Tart Berry flavor dry mouth lozenge. Unique three step lozenge relieves dry mouth and restores fresh breath instantly.

**Controls bad breath instantly • Relieves dry mouth symptoms • Sugar-Free • Vegan • Kosher Gluten-Free • Approved for Diabetics**



[www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-tart-berry-100pc](http://www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-tart-berry-100pc)

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# TheraBreath Products



## TheraBreath Dry Mouth Lozenges Mandarin Mint 24ct

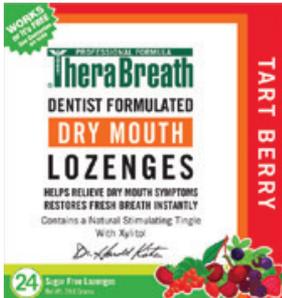
Dry mouth lozenge in convenient 24ct box. Unique three step lozenge relieves dry mouth and restores fresh breath instantly.

**Controls bad breath instantly • Relieves dry mouth symptoms Sugar-Free • Vegan Kosher • Gluten-Free Approved for Diabetics**



[www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-24pc](http://www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-24pc)

*"Your lozenges are amazing! I suffer from chronic dry mouth because of daily medications I take. I get complete relief by using the lozenges. And my breath is perfect!" - David S.*



## TheraBreath Dry Mouth Lozenges Tart Berry 24ct

Dry mouth lozenge in convenient 24ct box. Unique three step lozenge relieves dry mouth and restores fresh breath instantly.

**Controls bad breath instantly • Relieves dry mouth symptoms Sugar-Free • Vegan Kosher • Gluten-Free Approved for Diabetics**



[www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-tart-berry-24pc](http://www.therabreath.com/gum-mints-strips/therabreath-dry-mouth-lozenges-tart-berry-24pc)

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## TheraBreath PLUS Products

### TheraBreath PLUS Oral Rinse



The best bad breath protection you can buy! Our MAXIMUM STRENGTH oral rinse relieves even the most severe cases of bad breath instantly!

Utilizing the combined natural powers of OXYD-8®, Green Tea, Aloe Vera, Tea Tree Oil and Xylitol, clinically tested Therabreath PLUS Oral Rinse controls the bacteria that cause bad breath while healing, protecting and refreshing.

**Stops all bad breath instantly • Relieves dry mouth • Alcohol-free  
Helps to maintain healthy gums • No artificial flavors or colors  
Vegan • Kosher • Gluten-Free • Approved for Diabetics  
24 hour confidence GUARANTEED**

 [www.therabreath.com/mouthwash/therabreath-plus-oral-rinse](http://www.therabreath.com/mouthwash/therabreath-plus-oral-rinse)

*"I'm so happy to report my bad breath situation is cured. I just can't believe the difference your TheraBreath PLUS Oral Rinse has made. I am grateful to you folks. Thanks so much!" - Marissa*

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### TheraBreath PLUS Toothpaste



Our most advanced, MAXIMUM STRENGTH toothpaste. The potent, antimicrobial formula is fortified with cutting-edge oral care ingredients like Zinc Gluconate, CoQ10, whole leaf Aloe Vera and Xylitol.

Therabreath PLUS Toothpaste stops any bad breath or halitosis. It is simply the most effective breath management toothpaste available.

**Stops ANY bad breath • Helps maintain healthy gums  
Controls dry mouth • Contains NO sodium lauryl sulfate  
Prevents canker sores • Vegan • Gluten-Free • Kosher  
Safe for Diabetics • 24 hour confidence GUARANTEED**

 [www.therabreath.com/toothpaste/therabreath-plus-toothpaste](http://www.therabreath.com/toothpaste/therabreath-plus-toothpaste)

*"I recently started to use the PLUS products and the results have been incredible. My tongue used to have the white coating before I used the TheraBreath Plus Toothpaste. My tongue is now completely pink. You've got a customer for life." - Jonathan P.*

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## TheraBreath PLUS Products



### TheraBreath PLUS Power Drops

A concentrated form of our EXTRA STRENGTH formula in a handy little squeeze bottle. We call them Power Drops because just a few drops on the back of your tongue will relieve even the worst case of bad breath.

Therabreath PLUS Power Drops are a perfect choice to maintain your fresh breath when you're on the go.

**Controls bad breath instantly • EXTRA STRENGTH formula**  
**Alcohol-Free • Non-burning • Prevents tonsil stones**



[www.therabreath.com/sprays-drops](http://www.therabreath.com/sprays-drops)

*"Absolutely love this product. I have been trying different products for decades and this is the first that actually works. My wife especially swears by it!!!" - Ryan*

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### TheraBreath PLUS Nasal-Sinus Drops

The bacteria that cause bad breath thrive mainly on the back of the tongue and in your throat. They use the mucous proteins in your nasal, sinus and throat areas as fuel to reproduce and create breath odors.

Therabreath PLUS Nasal-Sinus Drops are designed to control bad breath bacteria in your nasal, sinus and throat areas. They are especially helpful to people who suffer with Post-Nasal Drip.

**Controls bad breath instantly • Controls dry mouth**  
**Alcohol-Free • Non-burning • Prevents tonsil stones**  
**Maintains healthy gums**



[www.therabreath.com/sprays-drops](http://www.therabreath.com/sprays-drops)

*"I've been using the Nasal Drops for over a month. I suffered from bad breath for years. I have allergies, sinus problems, dry mouth from medications, and post-nasal drip. I now have no yucky taste in my mouth. Thanks for bringing my confidence back Dr. Katz! Great products!" - Trudy*

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# TheraBreath Periotherapy Products



## TheraBreath Healthy Gums Oral Rinse

This extra strength, antimicrobial agent oral rinse is designed to attack the anaerobic bacteria that allow the initiation of gum disease while helping to heal damaged oral tissue and relieve bad breath.

PerioTherapy Oral Rinse contains powerful, antimicrobial ingredients such as Zinc Gluconate and Tea Tree Oil. It is especially helpful for people who are experiencing the onset of periodontal disease.

**Stop bleeding gums • Heal damaged oral tissue • Stop bad breath  
Relieve dry mouth symptoms • Non-burning and alcohol-free  
Vegan • Kosher • Gluten-Free • Approved for Diabetics  
No artificial flavors or colors • 24 hour confidence GUARANTEED**



[www.therabreath.com/mouthwash/healthy-gums-oral-rinse](http://www.therabreath.com/mouthwash/healthy-gums-oral-rinse)

*"I have been using PerioTherapy Toothpaste and PerioTherapy Oral Rinse for about five years. This letter is long overdue. I wanted to write to say that it's not often you find a product that does exactly what it claims to do, but these two products have changed my oral health and dental visits! Where I used to have to see the dentist every 3 months to stay on top of gum disease, I now go every six months and have had no perio problems in years!" - Tina*



## TheraBreath PerioTherapy Toothpaste

Heal damaged oral tissue and stop bad breath.

This extra strength, antimicrobial agent toothpaste is designed to heal damaged oral tissue and relieve bad breath. Fortified with Zinc and Xylitol, PerioTherapy Toothpaste is very effective at reversing the onset of periodontal disease. Use it along with our PerioTherapy Oral Rinse to stop gum disease in its tracks.

**Heal damaged oral tissue • Stop bleeding gums • Stop bad breath  
Free of sodium lauryl sulfate • Recommended for canker sores  
Vegan • Kosher • Gluten-Free • Approved for Diabetics**



[www.therabreath.com/toothpaste/periotherapy-toothpaste](http://www.therabreath.com/toothpaste/periotherapy-toothpaste)

*"I love the PerioTherapy products. Have been using them for years. I have had periodontal disease since I was in my 20's, and was told I would lose my teeth by the time I was 40. However, I am now 62 and every time I see my periodontist, he tells me how great my teeth and gums look! I am sure TheraBreath has helped make this possible." - Jeri from Peru*

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## How to Thoroughly Clean Your Mouth and Freshen Your Breath With TheraBreath.



These instructions were developed over decades of bad breath treatment at the California Breath Clinics. This oral hygiene approach is very thorough and is designed to restore a healthy mouth environment when severe bad breath has become a problem. If you are new to using TheraBreath you should follow these instructions for the first two weeks of use. During this initial period the focus is on removing accumulation of volatile sulfur compounds in your oral cavity. After this period it is perfectly okay for most people to simply brush, floss, and rinse. Remember not to rinse with water while using TheraBreath products as they need to remain undiluted in your mouth. Also, keep the bottle of oral rinse and the toothpaste tube tightly closed and away from the sun when not in use. Never store the mouth rinse in a clear plastic bottle.

### **Instructions:**

1. Take a length of dental floss and wet the entire piece with TheraBreath Oral Rinse. Floss your teeth thoroughly so that the medicated rinse passes between all of your teeth.
2. Gently brush your tongue with a tongue scraper or toothbrush. This will help remove the mucus layer protecting the bacteria on your tongue. Don't scrub. Be careful to avoid irritating your tongue's delicate surface.

- 
3. Rinse off the tongue scraper or toothbrush and apply a small amount of TheraBreath Toothpaste. Gently brush the toothpaste onto the newly exposed surface of your tongue, allowing the formula to reach the bacteria that live beneath the tongue's fibers. Brush the tongue as far back as possible without gagging. **You may spit when done but do not rinse your mouth with water.**
  4. Place TheraBreath Toothpaste on a dry toothbrush and brush for 2-3 minutes. Make sure to also brush the roof of your mouth and the inside of your cheeks. Bacteria are extremely sticky and end up almost everywhere in your mouth. You do not have to brush hard, but make sure that you are thorough. When brushing your teeth, remember to angle the brush towards your gums, feeling the bristles gently sliding under the gum line. **You may spit when done but do not rinse your mouth with water.**
  5. Measure one dosage cup of TheraBreath Oral Rinse. Vigorously swish the rinse all over the inside of your mouth for 90 seconds in order to cover all the oral surfaces. The residual TheraBreath Toothpaste will react with the oxygenating properties of TheraBreath Oral Rinse and effectively attack the source of bad breath odor. **You may spit when done but do not rinse your mouth with water.**
  6. Measure another dosage cup of TheraBreath Oral Rinse. Tilt your head back and gargle with the rinse for 90 seconds, attempting to get it as far back as possible in your throat without gagging. **You may spit when done but do not rinse your mouth with water. This completes the cleaning procedure.**
  7. Do not eat or drink anything for 10 minutes following this procedure to allow the TheraBreath formula to completely work on the bacteria in your mouth. This should be sufficient to remove stubborn odors, unpleasant tastes and keep your breath fresh for hours.

**FOR THOSE WITH POST-NASAL DRIP I recommend this additional step:** Blow your nose to clear out any excess mucus from your nasal passages. Put one or two drops of TheraBreath PLUS Nasal-Sinus Drops in each nostril. Allow the drops to run through your sinus passages and down the back of your throat.

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## Frequently Asked Questions

### **Can bad breath be cured?**

**Answer:** No. Unfortunately, there is no such thing as a one time cure-all for bad breath (or headaches, or toothaches, or acne, or dandruff, etc). The bacteria that produce odorous waste are always there and are a natural and required part of your digestive process. It isn't possible to kill them off permanently. You can prevent bad breath that comes from bad-breath-related bacteria by keeping their populations in check and converting their metabolic products to non-odorous salts. This is how TheraBreath works to keep breath fresh and clean.

### **Why do I have bad breath when I brush and floss regularly? My husband is not nearly as meticulous and his breath smells great.**

**Answer:** Oral hygiene and fresh breath are actually two different things. It's important to brush and floss because that's how you keep your teeth inside your head forever, but that's not how you tackle bad breath. Your husband may have a lot of salivae and a smooth tongue. He may not eat foods which stimulate the bacteria, such as high protein or dairy foods. On the other hand, you may have a dry mouth all the time due to stress, a fissured tongue and be a smoker and coffee drinker. If you have a tendency for bad breath, use TheraBreath products to reduce odor. Your husband will thank you!

### **Are men or women more likely to have bad breath?**

**Answer:** Bad breath due to foods and bacteria seem to be evenly split between men and women. Certain hormonal triggers in women (birth control pills, pregnancy, the menstrual cycle) can cause mouth dryness which can lead to more bad breath.

### **Is bad breath hereditary? Can I pass it on to my kids?**

**Answer:** No. One cannot inherit bad breath. But, just as one inherits the shape of a father's nose, one can inherit a specific tongue feature that can predispose them to have bad breath. Certain tongue features such as a fissured tongue or one with longer papillae (the fibers that make up your tongue) can make this more likely.

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## Frequently Asked Questions (continued)

### What causes the white coating on my tongue?

**Answer:** There are billions of bacteria living in your mouth. When you eat food, they consume what is left over. They will also gobble up dead tissue, phlegm or mucus from post-nasal drip, etc. Once they eat, they metabolize what they consume and excrete it as waste. That yellow or white coating on your tongue is waste left by bad-breath-related bacteria.



**READ MORE ABOUT WHITE TONGUE**

[www.therabreath.com/white-tongue.html](http://www.therabreath.com/white-tongue.html)

### Is there a benefit to using a tongue scraper or tongue brush?

**Answer:** Tongue scraping by itself is not particularly effective. It is kind of like using a toothbrush without toothpaste. Excessive or overly aggressive scraping can also result in injury – a painful, dry and burning tongue. For a clean tongue, we recommend you use a tongue scraper or toothbrush to gently apply TheraBreath Toothpaste to the tongue surface. This will help remove waste and odor from the bacteria that live deep in the tongue's papillae or fibers while soothing tongue irritation.

### I can smell bad breath coming from my nose when I exhale. Am I imagining things?

**Answer:** It is quite possible that you are smelling bad breath odor when you exhale. This type of odor is typically due to mucus in the nasal passage feeding bacteria at the back of the throat. As you exhale, odor is carried from inside your mouth and out of your nose. If you have post-nasal drip, allergies or other sinus or upper respiratory conditions you are a candidate for this type of sinus-related breath odor.



**Dr. Katz Product Tip:** Use drops for nasal odors

I recommend **TheraBreath PLUS Nasal-Sinus Drops** to effectively attack odor that comes from mucus in the sinus cavity. By applying a few drops to each nostril you are able to attack bad-breath-related bacteria where ordinary mouthwash can't reach.

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## Frequently Asked Questions (continued)

**Once in a while, I get these small white round dots that appear on my tonsils and sometimes I even cough them up. They have an extremely strong odor. What are they?**

**Answer:** Those little round globules are known as tonsil stones or tonsilloliths and they are formed when sulfur gas mixes with the mucus and thick saliva in the back of your throat. This gooey mixture then condenses into concentrated, odorous globs. (see page 18 for more info)

### How often should I use TheraBreath?

**Answer:** The only way to effectively stop bacteria from producing volatile sulfur compounds is to use TheraBreath products every twelve hours. Bad-breath-related bacteria reproduce every 10-12 hours which is why the product needs to be used on a regular basis to control their population. I recommend you use TheraBreath Toothpaste and Oral Rinse every morning when you wake and every evening right before bedtime.

### Where are TheraBreath products made?

**Answer:** All TheraBreath products are proudly made in the USA at FDA licensed and OSHA compliant facilities employing legal and skilled labor. I take pride in the quality of my products and the safety and well-being of my employees.

### Where can I buy TheraBreath products?

**Answer:** TheraBreath is sold in the US and over 98 other countries. To find a retailer or distributor near you, see “Where to Buy TheraBreath Products” on page 43.



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## Frequently Asked Questions (continued)

### **How long have TheraBreath products been on the market?**

**Answer:** TheraBreath was first developed in 1992 when my daughter was teased in junior high about having a bad breath problem. The products she tried at the time just didn't work for her. Within a year I had a working prototype of the formula that became TheraBreath Oral Rinse (that my daughter still uses to this day!). It was first sold through dental offices in 1993. By 1995, TheraBreath Toothpaste and Oral Rinse were available in most major US drug stores.

### **Do TheraBreath products come with a guarantee?**

**Answer:** Yes. I guarantee that you will be completely satisfied with every TheraBreath product you buy. If there is ever a problem, simply contact my office using the information listed on the label of every TheraBreath product for refund instructions.

### **Are TheraBreath products safe for children?**

**Answer:** It is safe to use by any child old enough to use any type of toothpaste or oral rinse. My children all used TheraBreath products growing up and are now giving them to their children.

### **Are TheraBreath products safe for diabetics?**

**Answer:** Yes. Our products are safe for use by diabetics.

### **Are TheraBreath products safe for pregnant women?**

**Answer:** Yes. Our products are safe to use by pregnant women. Women who are expecting need to pay particular attention to their oral and gum health. TheraBreath products are formulated to help with oral care problems that pregnant women face.

### **Are TheraBreath products safe to use after a dental procedure?**

**Answer:** Usually yes, but we encourage you to ask your dentist how long to wait before resuming brushing, flossing and rinsing. TheraBreath is kind to tooth enamel and porcelain. It is also beneficial to damaged or injured oral tissue and can help soothe irritation after recent dental work.

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## Frequently Asked Questions (continued)

### **Do your products contain any sugar or artificial sweeteners?**

**Answer:** No. TheraBreath products are naturally sweetened with Xylitol made from the bark of the white birch tree and/or Sucralose made from sugar that has been modified to not cause tooth decay. Both are safe for use by diabetics.

### **Do your products contain any animal byproducts?**

**Answer:** No. TheraBreath products are certified as Vegetarian, Vegan and Kosher by independent authorities. They do not contain any animal byproducts. I also reject the idea of animal testing whenever possible.

### **Do your products contain artificial flavors or colors?**

**Answer:** No. There are absolutely no artificial flavors, colors, soaps, dyes, detergents or alcohol in any TheraBreath products.

### **Do your products contain gluten?**

**Answer:** No. All TheraBreath products are 100% gluten-free.

### **What does it mean that your products are Kosher?**

**Answer:** It means that our products are bottled under Rabbinical Supervision and have earned the KSA seal of approval, one of the toughest standards in the world for consumed products. You can be assured all manufacturing and bottling is carefully scrutinized and that no animal products are EVER used in any of our formulas.

### **Is it safe to swallow your oral rinses?**

**Answer:** Yes – in small amounts. Many people allow a small amount of the rinse to trickle down the back of their throat after gargling in order to reach bacteria at the far back of the throat where normal gargling may not reach. This is perfectly safe.

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## Frequently Asked Questions (continued)

**TheraBreath Oral Rinse doesn't burn. Doesn't the "burn" of a mouthwash indicate it is killing bacteria?**

**Answer:** Not necessarily. The concentration of alcohol in the leading alcohol-based mouthwash is just strong enough to feel unpleasant but not strong enough to actually kill bacteria. In addition, attacking bacteria with harsh alcohol can actually lead to more serious oral care issues over time. Alcohol can dry the mouth and reduce its ability to produce healthy saliva – your body's own defense against germs in the mouth.



**Dr. Katz Product Tip:** The power of oxygen

TheraBreath products use the power of oxygen to attack germs. This doesn't burn your mouth and it doesn't dry your mouth. Since bad-breath-related bacteria don't like oxygen, this is an extremely effective method to control germs and their odor.

**What is the best way to begin using TheraBreath products?**

**Answer:** If you are simply concerned with fresh breath and a clean mouth, I recommend you start with TheraBreath Toothpaste and TheraBreath Oral Rinse. Use these twice a day for a month and you will see a huge difference in how your mouth feels, tastes and smells.

However, if you have chronic bad breath or just want the absolute best breath management available, use TheraBreath PLUS Toothpaste and TheraBreath PLUS Oral Rinse. If you have problems with your gums, I recommend you use my PerioTherapy products.

**Which is your strongest product for bad breath?**

**Answer:** TheraBreath PLUS Toothpaste and TheraBreath PLUS Oral Rinse are my strongest and most advanced formulas. PLUS products contain a powerful combination of antimicrobial agents and soothing ingredients designed to knock out serious bad breath problems.

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## Frequently Asked Questions (continued)

**I am using TheraBreath Rinse for the first time and things taste a little strange. Is this normal?**

**Answer:** Yes. In some cases, a difference in taste may occur for the first few days after starting to use our products. THIS IS ONLY TEMPORARY. If the sensation is unpleasant you can sprinkle some baking soda on your toothbrush and then gently brush your tongue. Do this twice per day for three days as you continue using the products as directed. This counteracts any acidity you may have in your mouth.

**Why can't I use water to rinse with when using TheraBreath?**

**Answer:** TheraBreath Toothpaste and Oral Rinse are designed to work together as a two step process to knock out bad breath producing bacteria and their odors. The TheraBreath Oral Rinse reacts with the Toothpaste in a patented oxygenating process to thoroughly clean your mouth. Rinsing the toothpaste out of your mouth prior to introducing the oral rinse disrupts this process and makes the regimen far less effective. While it may take a bit to get used to not rinsing with water, we are sure you will be very impressed with the results once you do.

**Can I continue to use my regular toothpaste and mouthwash if I use TheraBreath?**

**Answer:** No. We highly recommend that you don't use any other toothpastes or mouthwashes in conjunction with TheraBreath products. This is because almost all commercial toothpastes and mouthwashes contain ingredients such as Sodium Lauryl Sulfate (soap) or alcohol that will negate the potency and efficacy of the active ingredients in TheraBreath products.

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# Where to Buy TheraBreath Products



**Find a TheraBreath retailer near you**

[www.therabreath.com/where-to-buy](http://www.therabreath.com/where-to-buy)

TheraBreath Toothpaste and TheraBreath Oral Rinse are available at most grocery, drug and super-center stores in the USA and Canada.



**Shop at our Online Store**

[www.therabreath.com/products](http://www.therabreath.com/products)



**Shop by Phone 8am-5pm PST, Mon-Fri**

(800) 973-7374 or (323) 993-8320

Our complete line of advanced and specialty products are available in the USA, Canada by ordering directly from TheraBreath.



**Find an International Distributor**

[www.therabreath.com/international-sales](http://www.therabreath.com/international-sales)

TheraBreath products are also sold around the world. Find a seller of TheraBreath products near you.



**Get the Latest Money-Saving Offers from TheraBreath**

[www.therabreath.com/special-offers](http://www.therabreath.com/special-offers)

[www.therabreath.com/coupons](http://www.therabreath.com/coupons)



**Subscribe to our Newsletter for Exclusive Savings!**

[www.therabreath.com/subscribe](http://www.therabreath.com/subscribe)

We offer terrific, new deals on TheraBreath products every week. You can get coupons to redeem at your local retailer or save on products available online. Our Newsletter subscribers even get exclusive deals!

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## Appendix A: Medications That Can Cause Dry Mouth

### ANOREXIANT

Adipex-P, Fastin, Ionamin, Zantryl .....	phentermine
Anorex SR, Adipost, Bontril PDM.....	phendimetrazine
Mazanor, Sanorex .....	mazindol
Pondimin, Fen-Phen .....	fenfluramine
Tenuate, Tepanil, Ten-Tab .....	diethylpropion

### ANTIACNE

Accutane .....	isotretinoin
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### ANTIANSIETY

Atarax, Vistaril .....	hydroxyzine
Ativan .....	lorazepam
Centrax .....	prazepam
Equanil, Miltown .....	meprobamate
Librium .....	chlordiazepoxide
Paxipam .....	halazepam
Serax .....	oxazepam
Valium .....	diazepam
Xanax .....	alprazolam

### ANTICHOLINERGIC / ANTISPASMODIC

Anaspaz .....	hyoscyamine
Atropisol, Sal-Tropine .....	atropine
Banthine .....	methantheline
Bellergal .....	belladonna alkaloids
Bentyl .....	dicyclomine
Daricon .....	oxyphencyclimine
Ditropan .....	oxybutynin
Donnatal, Kinesed.....	hyoscyamine w/ atropine, phenobarbital, scopolamine
Librax .....	chlordiazepoxide with clidinium
Pamine .....	methscopolamine
Pro-Banthine .....	propantheline
Transderm-Scop .....	scopolamine

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## ANTICONVULSANT

Felbatol .....	felbamate
Lamictal .....	lamotrigine
Neurontin .....	gabapentin
Tegretol .....	carbamazepine

## ANTIDEPRESSANT

Anafranil .....	clomipramine
Asendin .....	amoxapine
Elavil .....	amitryptaline
Luvox .....	fluvoxamine
Norpramin .....	desipramine
Prozac .....	fluoxetine
Sinequan .....	doxepin
Tofranil .....	imipramine
Wellbutrin .....	bupropion

## ANTIDIARRHETIC

Imodium AD .....	loperamide
Lomotil .....	diphenoxylate with atropine
Motofen .....	difenoxin with atropine

## ANTI HISTAMINE

Actifed .....	triprolidine with pseudoephedrine
Benadryl .....	diphenhydramine
Chlor-Trimeton .....	chlorpheniramine
Claritin .....	loratadine
Dimetane .....	brompheniramine
Dimetapp.....	brompheniramine with phenylpropanolamine
Hismanal .....	astemizole
Phenergan .....	promethazine
Pyribenzamine (PBZ) .....	tripelennamine
Seldane .....	terfenadine

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## ANTIHYPERTENSIVE

Capoten .....	captopril
Catapres .....	clonidine
Coreg .....	carvedilol
Ismelin .....	guanethidine
Minipress .....	prazosin
Serpasil .....	reserpine
Wytensin .....	guanabenz

## ANTIINFLAMMATORY ANALGESIC

Dolobid .....	diflunisal
Feldene .....	piroxicam
Motrin, Advil .....	ibuprofen
Nalfon .....	fenoprofen
Naprosyn .....	naproxen

## ANTINAUSEANT/ANTIEMETIC

Antivert .....	meclizine
Dramamine .....	dyphenhydramine
Marezine .....	cyclizine

## ANTIPARKINSONIAN

Akineton .....	biperiden
Artane .....	trihexyphenidyl
Cogentin .....	benztropine mesylate
Larodopa .....	levodopa
Sinemet .....	carbidopa with levodopa

## ANTIPSYCHOTIC

Clozaril .....	clozapine
Compazine .....	prochlorperazine
Eskalith .....	lithium
Haldol .....	haloperidol

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Mellaril .....	thioridazine
Navane .....	thiothixene
Orap .....	pimozide
Sparine .....	promazine
Stelazine .....	trifluoperazine
Thorazine .....	chlorpromazine

**BRONCHDILATOR**

Atrovent .....	ipratropium
Isuprel .....	isoproterenol
Proventil, Ventolin .....	albuterol

**DECONGESTANT**

Ornade .....	phenylpropanolamine with chlorpheniramine
Sudafed .....	pseudoephedrine

**DIURETIC**

Diuril .....	chlorothiazide
Dyazide, Maxzide .....	triamterene and hydrochlorothiazide
HydroDIURIL, Esidrix .....	hydrochlorothiazide
Hygroton .....	chlorthalidone
Lasix .....	furosemide
Midamor .....	amiloride

**MUSCLE RELAXANT**

Flexeril .....	cyclobenzaprine
Lioresal .....	baclofen
Norflex, Disipal .....	orphenadrine

**NARCOTIC ANALGESIC**

Demerol .....	meperidine
MS Contin .....	morphine

**SEDATIVE**

Dalmane .....	flurazepam
Halcion .....	triazolam
Restoril .....	temazepam

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## **ANTIDEPRESSANTS**

Prozac, Norpramin, Pertofrane, Elavil, Adapin, Valium (occasionally)  
Imavate, SK-Pramine, Tofranil, Aventyl, Vivactil, Zoloft, Paxil, Sigequan

## **ANTIPARKINSONISM**

Akineton, Artane, Laradopa, Parsidol

## **ANTI-HISTAMINES (Cold Medications)**

Actifed, Benadryl, Comtrex, Dimetapp, Pheran, Triaminic, Vistaril,  
Historal

## **ANTI-HYPERTENSIVES (High Blood Pressure Medication)**

Beta Blockers, Diuretics, Anti-Coagulants, Rautensin, Isemelin, Al-  
domet, Serpasil, Minipress, Inversine, Hyperoid, Catapres, Inderal,  
Inderide, Aquatensin, Moderatic, Diazide

## **ANTISPASMODICS & ANTICHOLINERGICS (gastrointestinal)**

Quarzan, Vistrax, Combid, Pro-Banthine, Anaspaz PB, Donnatal,  
Pathibate

## **ANTISPASMODICS & ANTICHOLINERGICS (Urinary type)**

Pyridium, Cystospaz, Ditropan, Urispas, Trac-Tabs

## **ANTI-PSYCHOTIC AGENTS**

Haldol, Rau-Sed, Serpasil, Thorazine, Stelazine, Compazine, Moban  
Daxolin, Lithane, Lithonate

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## Appendix B: Success Stories / Testimonials

TheraBreath works exactly as advertised. I've tried other toothpastes and mouthwashes and the principle behind each was to simply cover up mouth odor. As a teacher I work closely with dozens of students daily and I need to feel the certainty that my breath isn't a distraction to the students I am working with. Only TheraBreath has given me this certainty, and for this reason I have used their products exclusively for the past ten years. The products work! - *Dan (Aurora, IL)*

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I appreciate that TheraBreath is targeting a bad breath solution in the "correct" way and I haven't seen anything like it from other vendors. I have learned things from their informative articles that I have never heard anywhere else, and I work in the medical field. - *Darrel (CA)*

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This product is fantastic! It really does give me the confidence that my teeth are clean and my breath is fresh. I'm not afraid to talk when I get near people anymore. Fantastic! - *Robert (El Paso, TX)*

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Hello Dr. Katz and team, THANK YOU THANK YOU THANK YOU for your WONDERFUL products!! I'm 36...I had bad breath for at least 20 years. I tried everything...everything. I gave up hope and I became a constant gum chewer... But your product cured it...I can't believe it. My wife can't believe it. (she's more excited than I am because it's her who smells my breath not me!) Even my morning and after workout breath is fresh! Whoa crazy!!! I can finally talk to someone without worrying... I feel like I just won lotto! I don't know who will read this email but I really wanted to say thank you to Dr. Katz from bottom of my heart! THANK YOU! - *Sam (Toronto, Canada)*

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This product has saved me many times from the humiliation of very bad breath once I drink coffee or eat certain foods. I have tried so many products that made the breath worse and Listerine is one of those items. I LOVE DR. KATZ PRODUCTS, THANK YOU!!! - *Gabriella (MD)*

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## Appendix B: Success Stories / Testimonials (cont'd)

I've been using TheraBreath products for about a year and it has changed my life. I started having chronic halitosis when I started my teenage years. People would cover their noses when I talked to them or back away from me. It was so heartbreaking. When I started using your products I notice results with the first week. Now I don't have to be afraid to open my mouth and speak to people or to sing if I want to. I have been liberated. I don't know how to thank you. You have changed my life. I will use your products for the rest of my life. BTW, I now have a boyfriend that I can kiss ALL THE TIME. - *Kim H. (Central Islip, NY)*

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I've been plagued with those little white things in my tonsils for the past 2 years!!! I've been put on and off antibiotics, Zyrtec, anti-depressants, prescription throat sprays, nasal sprays, etc. I've gone to several special specialists and to absolutely no AVAIL! I was told that my tonsil stones were stress, allergies, depression. I would literally gargle with harsh mouthwashes for 15 to 20 times a day only to make my condition worse. Your products made me so happy, grateful, and relieved. I only used your products for two days and the improvement is tremendous. Thank you sooo much. - *Trisha (NV)*

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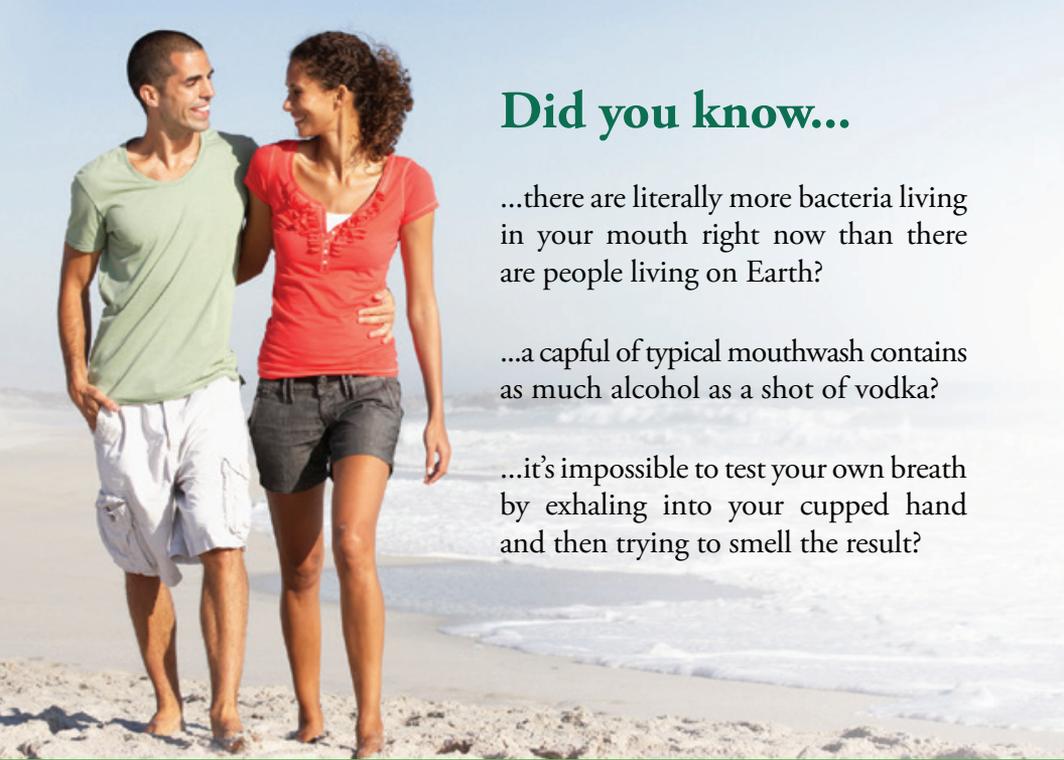
Thank you for giving me back my social life. I suffered from severe halitosis all my life. I bought countless mouthwashes, mints, and every kind of toothpaste but nothing worked. You should receive a Nobel Prize for inventing TheraBreath. I no longer have to make sure I have gum in my mouth or stand a long distance from people when conversating. - *Sincerely, Sheila*

**These are just a small sampling of the hundreds, if not thousands, of customer testimonials we have on file.**



**SEE MORE THERABREATH TESTIMONIALS**

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## Did you know...

...there are literally more bacteria living in your mouth right now than there are people living on Earth?

...a capful of typical mouthwash contains as much alcohol as a shot of vodka?

...it's impossible to test your own breath by exhaling into your cupped hand and then trying to smell the result?

**These are just a few of the little known facts that you will discover in [The Bad Breath Bible!](#)**

It was researched and written by Dr. Harold Katz, the internationally recognized expert on bad breath and halitosis issues.

Since 1994, no one has helped more people fight bad breath than Dr. Katz. Millions of people in 98 countries have used his clinically tested TheraBreath® System formulas to control bad breath and regain lost confidence.

Visit us online at [www.therabreath.com](http://www.therabreath.com)

Call us toll free at **1-800-97-FRESH**

Dr. Harold Katz, LLC | 5802 Willoughby Ave. Los Angeles, CA 90038