



CariFree Product Protocol

Your dentist has determined that you are at risk for getting cavities based on the level of cavity-causing bacteria in your mouth. The protocol recommended below will not only significantly decrease those bacteria, but help to prevent them from repopulation by promoting a healthy environment. Please follow the recommendations as closely as possible to get the best result.

CariFree Treatment Rinse: Your dentist may recommend you use this Rinse 2 times daily until the two bottles of A and B rinse are gone (usually about 1 month to complete 2 boxes). First, brush and floss thoroughly. Then, shake both bottles and combine 5 ml each of A and B Rinse in mixing cup provided for a total volume of 10 ml. Rinse for 1 full minute and then spit all of the Rinse out. For children, once you mix the two Rinse components together, you can have them swish for 30 seconds with half of the Rinse or 5mls and spit, followed by the second half for 30 seconds. This may make the Rinse more tolerable. For young children unable to rinse and spit, you can combine the solutions and then brush it onto all surfaces of teeth, allowing the child to spit often.

*Your dentist may advise you to rinse with water after using the Treatment Rinse if that makes the taste more tolerable (however not rinsing with water may improve effectiveness), and staining agents should be avoided for at least one hour after use. Spraying with Boost after rinsing will improve taste without decreasing effectiveness. Please be sure a child can spit effectively prior to use.

Once you have completed your CariFree Treatment Rinse regimen, which usually takes a little less than one month, begin using the CariFree Maintenance Rinse immediately.

CariFree Maintenance Rinse: To be used 2 times daily, morning and night after brushing and flossing. Rinse with 10ml of the solution for 1 minute and spit out. It is best to wait 30 minutes before eating or drinking to allow for maximum effectiveness of Fluoride and Xylitol. The Maintenance Rinse should be used daily, according to your dentist's recommendations, and until it is completely gone. It does expire within 1-2 months once the bottle is opened. It does not contain any acidic preservatives used by other manufacturers to increase the shelf life, which allows it to be at a health promoting pH.

After three months of rinsing (approximately 1 month of Treatment Rinse followed by 2 months of Maintenance Rinse) we recommend that you return to your dentist immediately to assess your progress and receive continuing care recommendations.

CariFree Oral Neutralizer Gel: To be used as a toothpaste replacement at least 2 times daily. This product combines the proven benefits of xylitol with the added benefit of elevated pH. The result is a minty, foaming gel that leaves your breath fresh and your teeth feeling clean and smooth.

CariFree Boost: CariFree Boost is a pH elevating breath spray. It is edible and can be used all day long as needed to moisten and neutralize acids in the mouth. It is especially helpful after a meal or snack where it is not convenient to rinse or brush and for those with dry mouth.

CariFree Xylitol Gum: Combines the proven benefits of chewing a xylitol gum with the added benefit of elevated pH. Chew 3-5 pieces per day as recommended by your dental professional.