

## Products and devices

### Tooth brushes

Costco Sonicare diamond clean \$179 for two

Costco Sonicare Optimal clean \$ 69. For two

Costco Professional clean \$69 for two

Sonicare 2100 \$34.96 online

Sonicare 4100 \$49.96 online

Oral B Smart 4000 \$49.99 has thicker handle

Radius makes a large handle manual toothbrush about \$10.00

### Oral irrigators

Waterpik Ultra Plus and Cordless Pearl Water Flosser Combo Pack \$79.99 has one for the counter one for the shower

**Philips Sonicare Airfloss Rechargeable Electric Flosser HX8211/03 If the water flosser is too messy try this not as easy to use \$89.99**

### Cleaning between the teeth

**G.U.M. Flossmate Floss Handle 845R, Assorted Colors (Blue or Red) \$7.50 amazon**

Traditional hand held floss

multiple brands waxed is usually easier to use

**GUM Soft-Picks Advanced, Easy to Use Dental Picks for Teeth Cleaning and Gum Health, Disposable Interdental Brushes with Convenient Carry Case,**

**Dentist Recommended Dental Picks, 90ct (3pk)  
Costco or amazon**

**GUM Proxabrush Go-Betweens - Tight - Interdental  
Brushes - Soft Bristled Dental Picks for Plaque  
Removal Health - Safe for Braces & Dental Devices,  
10ct (6pk) amazon**

Mouthwashes

**CloSYS Healthy Teeth Oral Rinse Mouthwash - 32 Fl  
Oz amazon \$14.00**

Perioshield chlorhexidine oral rinse breaks down plaque  
Rx through your dentist if high decay

Dry mouth

Biotene products rinse, gum, lozenges

Toothpastes

Pronamel active shield amazon \$14.00

Fluoridex or Clinpro, Prevident fluoride toothpaste Rx from  
your dentist if they recommend higher fluoride content

Parodontax gum repair amazon \$14.00 I am told it is not  
a good taste gum disease

Sensodyne advanced formula for sensitive teeth  
Costco,amazon

Oral probiotics to restore or replace oral bacteria

Great Oral Health Advanced oral probiotic chewable  
tablets \$25

**BioGaia Oral Health Probiotic Lozenges | Promotes  
Healthy Gums & Teeth | Defends Against Common  
Dental Problems | Transforms Your Oral Microbiome |  
Allergen, Dairy, Soy & Gluten Free | Mint Flavor  
amazon \$25**

**Oracoat XyliMelts Dry Mouth Relief Moisturizing Oral  
Adhering Discs 40 Count, Slightly-Sweet with Xylitol,  
for Dry Mouth, Stimulates Saliva amazon**

Mute Snoring Nasal Dilator Trial Pack (S,  
M, L)  
\$17.99

Turkish gum or Jawline gum to strengthen jaw muscles amazon

Supplements

Multiple vitamin Costco

Vit D Costco

Collagen Costco Vital proteins

Creatine 1 tsp / day Bulk Supplements online take with lots of water

Fish oil helps healing and muscle maintenance Kirkland brand  
Magnesium Costco

I chose one of each of the above products and added up the costs about \$235 less than the cost of a usual dental visit for exam x rays and cleaning if it saves/prevents one dental visit you're money ahead