

Study Names Most Germ Killing and Affordable Toothpaste

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By Dental Health Magazine staff

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Everyone knows that germs are everywhere. They on your kitchen counter, lingering in your bathroom, and more dangerously, in your mouth. Your mouth can be a great hiding place for as many as 800 to 1000 varieties of bacteria and germs.

Your mouth's damp and warm conditions are the perfect location for germs and bacteria to grow and linger which can lead severe gum disease, rather expensive dental fillings, and painful cavities. According to the Science Daily you may be brushing with fluoridated toothpaste right now, but a new type of toothpaste is being researched that contains ingredients that are even better at fighting germs.

A study that documents this new kind of toothpaste, which contains the key ingredients copolymer and triclosan, which has been noted in the clinical journal [General Dentistry](#) that has been peer reviewed. Researchers have added the triclosan to the paste to inhibit plaque and bacteria, and also included the copolymer which extends the time that the triclosan can stay in the mouth for protection that lasts a long time.

This new variety of toothpaste was tested against 2 toothpastes that contained [fluoride](#) in order to determine which toothpaste fought the bacteria that are in the mouth the most effectively. Dr. Zambon, who is a distinguished professor from the School of Dental Medicine at the University Of Buffalo and who helped author the study, said that repetitive testing shows that the toothpaste with the copolymer/ triclosan outperformed the toothpastes that only had fluoride when it came to inhibiting bacteria growth.

Paul Bussman who is an AGD spokesperson stated that an additional benefit of the copolymer/ triclosan toothpaste is that it also can helps to prevent bad breath. This new frontier of toothpaste has the ability to significantly reduce the buildup of poor smelling breath plaque, bacteria, and germs.

The author and sponsor of the [General Dentistry](#) journal, the Academy of General Dentistry, also says that rinsing with mouthwash as well as flossing once a day are other ways besides brushing to decrease the germs in your mouth for the least expensive [dentist](#) visits possible.