

Canadian interactive and bilingual Web Site tutorial:
Descriptive Guide Toothpastes and Mouthwashes
accessible to the www.grehd.org

Design and realization of WEB site: Maxime Morasse, BA computer management
Graphics: The Stampa Impressions.

Studies available on the 

In the different tabs you will find the results of our studies on:

- Toothpastes
- Mouthwashes
- Products for dry mouth
- Prophylaxis Pastes
- **Beverages: Identification of risk and protective factors for cavities and dental erosion**, in the [Publications](#) section on the home page

Products available on the Web site

- **Toothpastes and mouthwashes bought:**
 - Mainly in Canada
 - Abroad: United States, France, Italy, Germany, etc.
 - To display the place of manufacture of the product purchased abroad, simply place your cursor on the flag
 - Online = Place of manufacture of the product purchased abroad.
 - = Product purchased online.
- **Prophy Pastes**
- **Products to relieve dry mouth**

Legend :
Flag = Place of manufacture of the product purchased abroad.
 = Product purchased online.
B = Bottle.

No	Manufacturer	Description (Provided by the manufacturer)
608	Nuskin	AP24, Whitening Fluoride

United States of America

Active ingredients and evidence-base recommendations

The GREHD takes into account the scientific evidence, but it is subject to the contents of the lists of ingredients supplied by the manufacturer from the packaging. Thus, when an ingredient is followed by the symbol * in the table, it means:

- * : the concentration on the package is not specified or insufficient to reach the threshold of efficiency.

Pyrophosphates and derivatives (3.3% and more)	Other
CaP* Zn* NaP	Attribute: Desensitizing Anticariogenic Antibacterial Absorbent Health and other substances
CaP* NaP	Texture: P W
CaP* NaP	Antibacter: O
CaP* NaP	Health and other substances: S

When you place the cursor over the ingredient and it is followed by the symbol (!) it means:
(!) : the minimum therapeutic concentration is not determined in the literature

In this example, the recognized therapeutic concentration of pyrophosphate (PPi) is 3.3% and more. Since this manufacturer does not specify its concentration in the list of ingredients, the PPi is preceded by the *.

Evidence

The definition of the symbols (* and (!)) is always present when obtaining search results.

No	Manufacturer	Description (Provided by the manufacturer)	Attribute	Desensitizing	Anticariogenic	Antibacterial	Absorbent	Health and other substances
608	Nuskin	AP24, Whitening Fluoride	Attribute: Desensitizing Anticariogenic Antibacterial Absorbent Health and other substances	P	GP	CaP*	NaP	Health and other substances

The search returned only one toothpaste.

* : The concentration on the package is not specified or insufficient to reach the threshold of efficiency.
Flag = Place of manufacture of the product purchased abroad.
 = Product purchased online.
B = Bottle.

Print results →

< Previous page Next page >

Home About us Help Publications Tutorial Administration Copyright - All right reserved

How do I search?

The user can search by:

- **Therapeutic effect:**
 - Desensitizing
 - Remineralizing
 - Antitartar
 - Antibacterial
 - Treatment of halitosis (Mouthwash section)
- **Effect on global health or other variables:**
 - Ingredients that can cause allergies (eggs, milk, aloe, sulfites, benzoates/parabens, colouring agents, flavorings, etc.)
 - Ingredients that may cause adverse reactions to the mucous membranes (cinnamon, benzoic acid, etc.)
 - Presence of the seal of the CDA or another association
 - Effect whitening
 - Without sodium lauryl sulfate
 - Etc.

Remineralizing	Attribute	Desensitizing	Texture	Antibacter	Absorbent	Health and other substances
NaP	P	3.64	15.00	7.3		
NaP	GP	1.65	n/r/a	6.82	Coca	
CaP*, NaP	Cs	P	1.17	n/r/a	5.77	SL, Hn
CaP*, NaP	P	*W	2.83	n/r/a	7.61	V, LSS, SLS, Hn

Search by desired therapeutic effect

The drop-down menus display a list of choices of ingredients to select specifying their therapeutic concentrations recognized in the scientific literature

Mouthwashes

Search criteria

Number :

Manufacturer :

Antibacterial + Alcohol % :

Select

Desensitizing Add *

Select

Potassium nitrate (3%)
Stannous fluoride (0.4%) **Red arrow**
Potassium chloride(3.5%)
Arginine (1)

Remineralizing :

Select

In this example of research for a desensitizing mouthwash, the recognized therapeutic concentration of stannous fluoride is 0.4% 

How do I search?

The user can search by:

Abrasiveness (%) : Between : And :

Abrasiveness

GREHD abrasiveness scale*

Low abrasive	0.00 to 0.87 %
Moderately abrasive	0.88 à 1.36 %
Abrasive	1.37 à 1.99 %
Very abrasive	2.00 % and more 2 to 3.99 % : risk for dentin and cementum 4,00 % and more : risk for enamel, dentin and cementum

* Adapting the legend of Desautels and Labrèche, 1994

When the cursor is placed on the abrasiveness value, the tooltip displays the risk potential for dental structures when there are:

- Risk for dentin and cementum
- Risk for enamel, dentin and cementum



How do I search?

The user can search by:

Acidity level (pH)

pH (%) : Between : And :

GREHD acidity scale¹

Basic	8.00 to 14: fights acidity, but promotes tartar
Neutral	6.51 to 7.99: no demineralization
Moderately acidic	5.51 to 6.50: at risk of demineralization: dentin and cementum
Acid	4.51 to 5.50: at risk of demineralization: enamel (hydroxyapatite) dentin and cementum
Very acidic	0 to 4.50: at risk of demineralization: enamel (hydroxyapatite and fluorapatite) dentin and cementum

1 Based on the demineralization threshold of dental structures

When the cursor is placed on the acidity value, the tooltip displays the risk potential for dental structures when there are:

- Risk for dentin and cementum
- Risk for enamel, dentin and cementum



The search can also be performed by:

- Number of the product
- Manufacturer
- The description or name of the product

Search toothpastes

Search criteria

Number :

Manufacturer :

Description (Provided by the manufacturer) :

Abrasiveness (%) : Between : And :

No Manufacturer Description (Provided by the manufacturer) Remineralization Anticarie Desensitization

540	Colgate-Palmolive	Colgate Sensitive Pro-Relief, COMPLETE PROTECTION, white	CAZ ₂	MFP	A
-----	-------------------	--	------------------	-----	---

The multiple search by number aims to group different products on the same list. For example, you want to give a list of remineralizing products to the customer, with different remineralizing ingredients (n-HAP, NaF, SnF₂) and from different manufacturers.

You must enter the numbers separated by a lower bar like this: **446_476_461...**

Search toothpastes

Search criteria

Number :

* The concentration on the package is not specified or insufficient to reach the threshold of efficiency.
(1) = The minimum therapeutic concentration is not determined in the literature.
Flag P = Product purchased abroad.
B = Product purchased online.

It's handy for creating a print list with products from different companies 

No Manufacturer Description (Provided by the manufacturer)

446	One Science	n-HAP, Remineralizing co-polymer, Medical hydroxyapatite enamel restorative, Fluoride, Bottle
461	GlaeserStrate	Sensodyne Pro-Health, Multi-action. Protects teeth from the effects of Acid Wear, Colours white
476	Life Brand	Sensitive Toothpaste, Fresh Mint, green
401	Colgate-Palmolive	Sensitive Pro-Relief, Repair & Prevent, Superior sensitivity relief* that's instant & lasting, white
417	GlaeserStrate	Sensodyne Rapid relief & long lasting protection, Clinically proven relief and daily protection for sensitive teeth, white

Print results → 

In the **Mouthwash** tab, the user can obtain the recommendations for use prescribed by the manufacturer

Mouthwash

• Recommended daily use:

- Quantity: 20 mL (ml: Milliliter)
- Time: 30s (s: seconds)
- Frequency: 3 x (x: times per day)

• Age

- 6: 6 years and +
- 12: 12 years and +
- a: adult
- s: use under supervision

Attention, when the following message is displayed:

No results match the selected criteria

- Either the product does not exist
- Either there is a spelling error
- Or you have selected too many ingredients in different drop-down menus
- Or you forgot to delete the criteria from the previous search

In short, don't forget to click on the **Reset** tab between your product searches to get the desired results. This tab allows you to delete all the information previously made in the search fields.



Copyright



- The respect for **copyright** and **subscription revenues** allow us to continue our research:

- Self-financing:
 - Expensive and numerous products,
 - Human resources (computer scientist, chemists, etc.)
 - Material (blocks, acidimeter, etc.)
- Develop other research projects

• To be continued

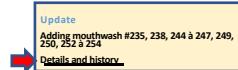
To respect copyright, please read the **Terms of Use** available on the GREHD website: www.grehd.org



Usefulness of the interactive web platform?

1. To inform dental health professionals about:

- The different **products on the market**
 - The regular addition of new products



- **Medicinal ingredients** in toothpaste, mouthwashes, prophylaxis pastes and dry mouth products.
- The **acidity level** (pH) = chemical abrasiveness (erosion potential).
- The **abrasive rate** of toothpaste = mechanical abrasiveness (abrasion potential).

2. For a safe practice:

- By associating the allergies of the medical questionnaire with the allergenic ingredients contained in the recommended products (patient allergic to eggs, milk, etc.)
- By preventing malpractice following an adverse reaction from a client (allergy)



Usefulness of the interactive web platform?

3. To adequately advise clients

- By offering products **adapted to their needs** and without risk for their oral, dental and overall health

Everyone has their own toothpaste!

Everyone has their mouthwash!

4. To quickly get all the answers to the questions asked by your customers

- "Is this toothpaste good for me?"
- "What is the best mouthwash between ...?"
- "Is this toothpaste suitable for the whole family?"
- "When I use this toothpaste, I don't understand I have ulcers. Can you suggest one that won't cause me?"
- "I refuse to use products containing fluoride, do you have anything else to suggest to me?"
- "When I use this toothpaste, I have a burning sensation, can you explain to me why?"
- "What mouthwashes can whiten my teeth?"
- "Can I find another flavour of toothpaste for my child?" He doesn't like mint."

Good navigation !

Thank you for your visit !

If you have additional questions, comments or requests to add products (new tests), please send them to Mrs. Nadia Dubreuil at the following address: nadia.dubreuil@grehd.org

See you soon!
GREHD ☺



To become a member of the Web platform

Complete the online or paper form available on the secure website of the Coop du Cégep Garneau: www.coopxgarneau.com

- Click on the tab **lower right side**
- Select your member category
 - Click on *Student* or *Individual* or *Company*, etc.)
- Create your profile (for an online purchase)
- As soon as the transaction is processed, you will receive a confirmation email indicating your username and password.
- If you lose your username or password, you can recover them by clicking on the tabs at the top right of the home screen

Please note your username and password



Username
Password