

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



Design and realization of WEB site: Maxime Marasse, BA computer management
Graphics: The Stampa impressions

Hello User
I am GREHD ☺
I'll be your guide during
your visit to the
interactive Web
platform.

Studies available on the GREHD

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
- **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

In this example, the 🌐 icon means that this toothpaste was purchased online and the 🇺🇸 indicates that it was made in the United States.

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 *, it means:

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

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

Ingredient	Concentration
Pyrophosphates and derivatives (3.3% and more)	3.3%
Calcium and derivatives (!)	!

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.



* = The concentration on the package is not specified or insufficient to reach the threshold of efficiency.
(!) = The minimum therapeutic concentration is not determined in the literature.
Flag = Place of manufacture of the product purchased abroad.
🌐 = Product purchased online.
B = Bottle.

No	Manufacturer	Description (Provided by the manufacturer)	Remineralizing	Anticaries	Desensitizing	Antitartar	Antibacterial	Whitening	Prophylaxis	Prophy	Other
608	Nuskin	AP24, Whitening Fluoride	+	+	+	+	+	+	+	+	+

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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.

Ingredient	Concentration	Remineralizing	Anticaries	Desensitizing	Antitartar	Antibacterial	Whitening	Prophylaxis	Prophy	Other
NaF	0.1	+	+	+	+	+	+	+	+	+
CaF ₂	0.1	+	+	+	+	+	+	+	+	+
CaPO ₃	0.1	+	+	+	+	+	+	+	+	+
CaPO ₃	0.1	+	+	+	+	+	+	+	+	+

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 % : Add * ☐

Select

Desensitizing Add * ☐

Select

✓ Select

Potassium nitrate (3%)

Stannous fluoride (0.4%)

Potassium chloride (3.75%)

Arginine (3)

Remineralizing : Add * ☐

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

Abrasiveness (%) : Between : And :

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

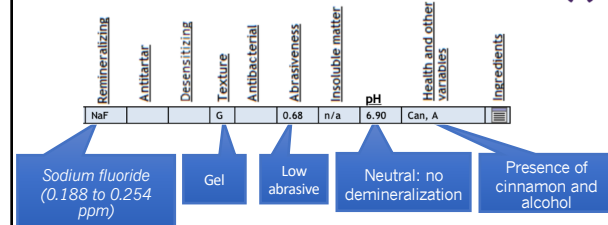


Abrasiveness	Discoloration	pH	Health and other variables	Ingredients
0.00	0.00	7.3	0.00	0.00
0.01	0.01	7.3	0.01	0.01
0.02	0.02	7.3	0.02	0.02
0.03	0.03	7.3	0.03	0.03
0.04	0.04	7.3	0.04	0.04
0.05	0.05	7.3	0.05	0.05
0.06	0.06	7.3	0.06	0.06
0.07	0.07	7.3	0.07	0.07
0.08	0.08	7.3	0.08	0.08
0.09	0.09	7.3	0.09	0.09
0.10	0.10	7.3	0.10	0.10
0.11	0.11	7.3	0.11	0.11
0.12	0.12	7.3	0.12	0.12
0.13	0.13	7.3	0.13	0.13
0.14	0.14	7.3	0.14	0.14
0.15	0.15	7.3	0.15	0.15
0.16	0.16	7.3	0.16	0.16
0.17	0.17	7.3	0.17	0.17
0.18	0.18	7.3	0.18	0.18
0.19	0.19	7.3	0.19	0.19
0.20	0.20	7.3	0.20	0.20
0.21	0.21	7.3	0.21	0.21
0.22	0.22	7.3	0.22	0.22
0.23	0.23	7.3	0.23	0.23
0.24	0.24	7.3	0.24	0.24
0.25	0.25	7.3	0.25	0.25
0.26	0.26	7.3	0.26	0.26
0.27	0.27	7.3	0.27	0.27
0.28	0.28	7.3	0.28	0.28
0.29	0.29	7.3	0.29	0.29
0.30	0.30	7.3	0.30	0.30
0.31	0.31	7.3	0.31	0.31
0.32	0.32	7.3	0.32	0.32
0.33	0.33	7.3	0.33	0.33
0.34	0.34	7.3	0.34	0.34
0.35	0.35	7.3	0.35	0.35
0.36	0.36	7.3	0.36	0.36
0.37	0.37	7.3	0.37	0.37
0.38	0.38	7.3	0.38	0.38
0.39	0.39	7.3	0.39	0.39
0.40	0.40	7.3	0.40	0.40
0.41	0.41	7.3	0.41	0.41
0.42	0.42	7.3	0.42	0.42
0.43	0.43	7.3	0.43	0.43
0.44	0.44	7.3	0.44	0.44
0.45	0.45	7.3	0.45	0.45
0.46	0.46	7.3	0.46	0.46
0.47	0.47	7.3	0.47	0.47
0.48	0.48	7.3	0.48	0.48
0.49	0.49	7.3	0.49	0.49
0.50	0.50	7.3	0.50	0.50
0.51	0.51	7.3	0.51	0.51
0.52	0.52	7.3	0.52	0.52
0.53	0.53	7.3	0.53	0.53
0.54	0.54	7.3	0.54	0.54
0.55	0.55	7.3	0.55	0.55
0.56	0.56	7.3	0.56	0.56
0.57	0.57	7.3	0.57	0.57
0.58	0.58	7.3	0.58	0.58
0.59	0.59	7.3	0.59	0.59
0.60	0.60	7.3	0.60	0.60
0.61	0.61	7.3	0.61	0.61
0.62	0.62	7.3	0.62	0.62
0.63	0.63	7.3	0.63	0.63
0.64	0.64	7.3	0.64	0.64
0.65	0.65	7.3	0.65	0.65
0.66	0.66	7.3	0.66	0.66
0.67	0.67	7.3	0.67	0.67
0.68	0.68	7.3	0.68	0.68
0.69	0.69	7.3	0.69	0.69
0.70	0.70	7.3	0.70	0.70
0.71	0.71	7.3	0.71	0.71
0.72	0.72	7.3	0.72	0.72
0.73	0.73	7.3	0.73	0.73
0.74	0.74	7.3	0.74	0.74
0.75	0.75	7.3	0.75	0.75
0.76	0.76	7.3	0.76	0.76
0.77	0.77	7.3	0.77	0.77
0.78	0.78	7.3	0.78	0.78
0.79	0.79	7.3	0.79	0.79
0.80	0.80	7.3	0.80	0.80
0.81	0.81	7.3	0.81	0.81
0.82	0.82	7.3	0.82	0.82
0.83	0.83	7.3	0.83	0.83
0.84	0.84	7.3	0.84	0.84
0.85	0.85	7.3	0.85	0.85
0.86	0.86	7.3	0.86	0.86
0.87	0.87	7.3	0.87	0.87
0.88	0.88	7.3	0.88	0.88
0.89	0.89	7.3	0.89	0.89
0.90	0.90	7.3	0.90	0.90
0.91	0.91	7.3	0.91	0.91
0.92	0.92	7.3	0.92	0.92
0.93	0.93	7.3	0.93	0.93
0.94	0.94	7.3	0.94	0.94
0.95	0.95	7.3	0.95	0.95
0.96	0.96	7.3	0.96	0.96
0.97	0.97	7.3	0.97	0.97
0.98	0.98	7.3	0.98	0.98
0.99	0.99	7.3	0.99	0.99
1.00	1.00	7.3	1.00	1.00
1.01	1.01	7.3	1.01	1.01
1.02	1.02	7.3	1.02	1.02
1.03	1.03	7.3	1.03	1.03
1.04	1.04	7.3	1.04	1.04
1.05	1.05	7.3	1.05	1.05
1.06	1.06	7.3	1.06	1.06
1.07	1.07	7.3	1.07	1.07
1.08	1.08	7.3	1.08	1.08
1.09	1.09	7.3	1.09	1.09
1.10	1.10	7.3	1.10	1.10
1.11	1.11	7.3	1.11	1.11
1.12	1.12	7.3	1.12	1.12
1.13	1.13	7.3	1.13	1.13
1.14	1.14	7.3	1.14	1.14
1.15	1.15	7.3	1.15	1.15
1.16	1.16	7.3	1.16	1.16
1.17	1.17	7.3	1.17	1.17
1.18	1.18	7.3	1.18	1.18
1.19	1.19	7.3	1.19	1.19
1.20	1.20	7.3	1.20	1.20
1.21	1.21	7.3	1.21	1.21
1.22	1.22	7.3	1.22	1.22
1.23	1.23	7.3	1.23	1.23
1.24	1.24	7.3	1.24	1.24
1.25	1.25	7.3	1.25	1.25
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1.30	1.30	7.3	1.30	1.30
1.31	1.31	7.3	1.31	1.31
1.32	1.32	7.3	1.32	1.32
1.33	1.33	7.3	1.33	1.33
1.34	1.34	7.3	1.34	1.34
1.35	1.35	7.3	1.35	1.35
1.36	1.36	7.3	1.36	1.36
1.37	1.37	7.3	1.37	1.37
1.38	1.38	7.3	1.38	1.38
1.39	1.39	7.3	1.39	1.39
1.40	1.40	7.3	1.40	1.40
1.41	1.41	7.3	1.41	1.41
1.42	1.42	7.3	1.42	1.42
1.43	1.43	7.3	1.43	1.43
1.44	1.44	7.3	1.44	1.44
1.45	1.45	7.3	1.45	1.45
1.46	1.46	7.3	1.46	1.46
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1.49	1.49	7.3	1.49	1.49
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1.51	1.51	7.3	1.51	1.51
1.52	1.52	7.3	1.52	1.52
1.53	1.53	7.3	1.53	1.53
1.54	1.54	7.3	1.54	1.54
1.55	1.55	7.3	1.55	1.55
1.56	1.56	7.3	1.56	1.56
1.57	1.57	7.3	1.57	1.57
1.58	1.58	7.3	1.58	1.58
1.59	1.59	7.3	1.59	1.59
1.60	1.60	7.3	1.60	1.60
1.61	1.61	7.3	1.61	1.61
1.62	1.62	7.3	1.62	1.62
1.63	1.63	7.3	1.63	1.63
1.64	1.64	7.3	1.64	1.64
1.65	1.65	7.3	1.65	1.65
1.66	1.66	7.3	1.66	1.66
1.67	1.67	7.3	1.67	1.67
1.68	1.68	7.3	1.68	1.68
1.69	1.69	7.3	1.69	1.69
1.70	1.70	7.3	1.70	1.70
1.71	1.71	7.3	1.71	1.71
1.72	1.72	7.3	1.72	1.72
1.73	1.73	7.3	1.73	1.73
1.74	1.74	7.3	1.74	1.74
1.75	1.75	7.3	1.75	1.75
1.76	1.76	7.3	1.76	1.76
1.77	1.77	7.3	1.77	1.77
1.78	1.78	7.3	1.78	1.78
1.79	1.79	7.3	1.79	1.79
1.80	1.80	7.3	1.80	1.80
1.81	1.81	7.3	1.81	1.81
1.82	1.82	7.3	1.82	1.82
1.83	1.83	7.3	1.83	1.83
1.84	1.84	7.3	1.84	1.84
1.85	1.85	7.3	1.85	1.85
1.86	1.86	7.3	1.86	1.86
1.87	1.87	7.3	1.87	1.87
1.88	1.88	7.3	1.88	1.88
1.89	1.89	7.3	1.89	1.89
1.90	1.90	7.3	1.90	1.90
1.91	1.91	7.3	1.91	1.91
1.92	1.92	7.3	1.92	1.92
1.93	1.93	7.3	1.93	1.93
1.94	1.94	7.3	1.94	1.94
1.95	1.95	7.3	1.95	1.95
1.96	1.96	7.3	1.96	1.96
1.97	1.97	7.3	1.97	1.97
1.98	1.98	7.3	1.98	1.98
1.99	1.99	7.3	1.99	1.99
2.00	2.00	7.3	2.00	2.00
2.01	2.01	7.3	2.01	2.01
2.02	2.02	7.3	2.02	2.02
2.03	2.03	7.3	2.03	2.03
2.04	2.04	7.3	2.04	2.04
2.05	2.05	7.3	2.05	2.05
2.06	2.06	7.3	2.06	2.06
2.07	2.07	7.3	2.07	2.07
2.08	2.08	7.3	2.08	2.08
2.09	2.09	7.3	2.09	2.09
2.10	2.10	7.3	2.10	2.10
2.11	2.11	7.3	2.11	2.11
2.12	2.12	7.3	2.12	2.12
2.13	2.13	7.3	2.13	2.13
2.14	2.14	7.3	2.14	2.14
2.15	2.15	7.3	2.15	2.15
2.16	2.16	7.3	2.16	2.16
2.17	2.17	7.3	2.17	2.17
2.18	2.18	7.3	2.18	2.18
2.19	2.19	7.3	2.19	2.19

- The number of the product
- The manufacturer
- The description or name of the product
- The flavour
- The color

Red cinnamon
toothpaste
Hum!

The tooltip displays the legend of the active ingredient and its recognized therapeutic strength, and other relevant recommendations



Health and other variables

Ingredients

Can, A

Number of the toothpaste	449
Name and description	Church & Dwight, Close-Up gel, with mouth
Actives	fluoride 0.11 % (as sodium fluoride 0.243 %
Others	Alcohol, carboxymethylcellulose sodium, c 40, silica, sodium lauryl sulfate, sodium sa
Vitamins	No information
Contains	sodium lauryl sulfate, cinnamon flavour,
Other information	No information

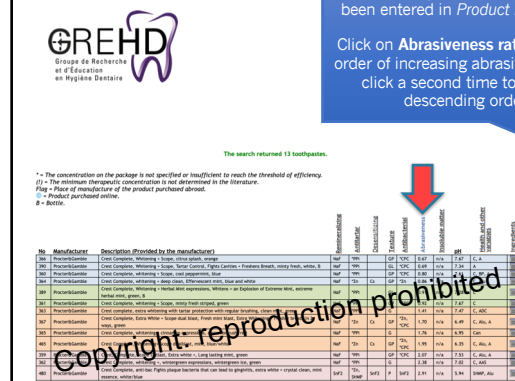
In this example, sodium lauryl sulfate and cinnamon have been identified

- **Dye: yellow #5, #6, etc.**
 - Yellow #5 = Tartrazine = E102 = CI 19140
- **Benzoates/Parabens**
 - Propylparaben = 4-Propyl Hydroxybenzoate = E216
- **Derivatives of aspirin (ASA)**
 - Acetylsalicylic acid (ASA), Methyl salicylate = methyl 2-hydroxybenzoate, Woodland tea, Wintergreen essence (English Wintergreen), Sodium salicylate, Willow bark, etc.
- **Cinnamon, sodium lauryl sulphate and benzoic acid (aphthous or ulcerations**
- **Etc.**

- By abrasiveness rate (increasing or decreasing order)
- By acidity (pH) (increasing or decreasing order)
- By manufacturer (in alphabetical order)
- By active ingredient or desired therapeutic effect (products without fluoride, with calcium, etc.)
- By specialty (children's products, etc.)
 - Children's products appear in white inside the results table.

Remineralizing	Antitartar	Desensitizing	Texture	Antibacterial	Abrasiveness	Insoluble matter	Health and other variables	Ingredients
NaF			P	3.64	15.00	7.3		

Click on **Abrasiveness rate** to sort in order of increasing abrasiveness rate, click a second time to get the descending order



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

Search Reset

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, acidometer, etc.)
 - Develop other research projects
 - To be continued

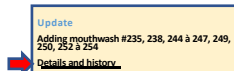
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Usefulness of the interactive web platform?

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.coopfxgarneau.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

Login →

Forgot username or password?