



## The Ideal Toothpaste to Buy

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An ideal toothpaste has the following qualities; protects the oral environment which includes gums and teeth, neutralizes acidic pH to prevent bacterial attack, prevents caries, removes plaque and eliminates bad breath. The use of toothpastes can drastically improve oral hygiene, provided that the consumer uses it every day as recommended by the dentist.

It is of importance that ample research should be done to come to a consensus on which quality of product would be best to recommend to patients to improve the quality of their lifestyle. Therefore, a panel of elite academics gathered in Dubai, on the 15th January 2019, for a scientific discussion for the best choice of toothpaste. A structured survey approach was conducted in multiple rounds of questionnaires and answers resulting in an unbiased consensus on the best type of toothpaste available.

All scientists were in harmony that Stabilized Stannous Fluoride was the best available toothpaste. Evidence suggests that not only does it protect gum health and teeth health but has overall additional benefits as well.

There is emerging scientific evidence supporting the anti-inflammatory action of Stabilised Stannous Fluoride. It also has distinctive advantages in restoring and maintaining gingival health by reducing plaque and calculus deposition. This in turn reduces the chances of gingivitis and periodontitis.

Research suggests that Stabilised Stannous Fluoride shows greater efficacy in antibacterial activity as compared to other fluoride toothpastes. Therefore, it is more effective in managing dental health and prevents tooth decay. Due to the neutralizing qualities, it reduces the acidic environment of the oral cavity and thereby reduces chances of erosion.

In conclusion, based on current literature it is recommended that Stabilised Stannous Fluoride based toothpaste is the toothpaste of choice.

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