

MEET YOUR MOUTH

IT'S PART OF YOUR BODY



Your Mouth and Spit

Saliva helps prevent cavities from forming, and aids in protecting against gum disease. It naturally cleans teeth by washing away bits of food debris and preventing a prolonged acid attack on tooth enamel. It also contains antimicrobial agents that help combat bad bacteria that fuels cavities.

Saliva is made up of water, mucus, proteins, minerals, and amylase that's made by the salivary glands in your mouth. It's important for keeping your teeth clean and helps prevent cavities from forming.

More Information



It aids in protecting against gum disease and keeps your teeth strong by providing healthy minerals.

Since saliva is 99% water, drinking water is the best way to stimulate saliva production. On average, you should be drinking 4-6 glasses of water a day.

Saliva is not enough to maintain a healthy mouth. Along with drinking enough water, be sure to brush your teeth twice a day.