



Tips for keeping breath fresh

What causes bad breath

While a variety of issues can lead to bad breath, the most common source is the coating on the tongue. In many cases, it stems from volatile sulfur compounds (VSCs), which are gases produced by bacteria on the tongue's surface.



Common causes include:



Poor gum health



Cavities



Tongue coating

Other causes may include:



Smoking



Certain foods (e.g. garlic, onion, cabbage)



Certain drinks (e.g. coffee, alcohol)



Certain diets (e.g. fasting, low-carb diet)

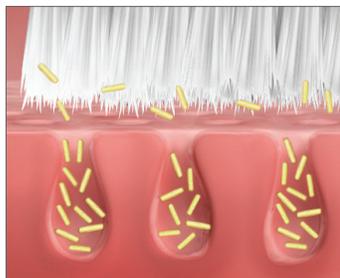


Systemic conditions (e.g. liver or kidney disease, gastrointestinal reflux or diabetes)

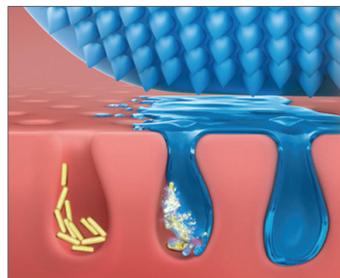
Removing odor-causing bacteria



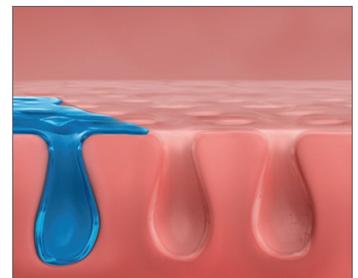
Surface of tongue with VSCs and other odor-causing bacteria



Brushing with a toothbrush just breaks apart bacteria



Scraper scrapes away bacteria and TongueCare+ brush head drives spray into the surface



Rinsing cleans out any remaining bacteria from tongue fissures

Home care for fresh breath

The best way to fight bad breath is to combine a mechanical and chemical tongue cleaning method. Follow this three-step system for fresher breath.



Spray

Spray your tongue with BreathRx tongue spray to kill bacteria and neutralize odors.



Scrape

Use a Philips Sonicare TongueCare+ brush head or tongue cleaner to remove odor-causing bacteria from the tongue.



Rinse

Sweep away any remaining bacteria for all-day fresh breath.

Solutions to fight bad breath

BreathRx mouth rinse and BreathRx tongue spray
Both solutions are specially formulated with CPC, which kills 99% of the germs that cause bad breath,³ and Zytex (a blend of zinc, thymol and eucalyptus essential oils) that neutralizes unwanted odors.

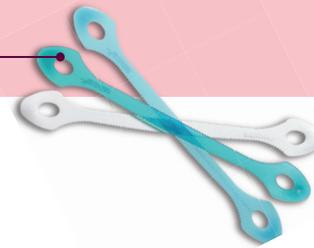


Philips Sonicare power toothbrush with TongueCare+ brush head

Clean away 99% of odor-causing bacteria¹ for all-day fresh breath.² It is 2.5x more effective at reducing bad breath than tongue cleaning with a manual toothbrush.

BreathRx tongue cleaner

Lightweight and flexible. Easily scrape off odor-causing bacteria buildup from the tongue.



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1 in a lab study

2 eight hours of fresh breath

3 in laboratory tests