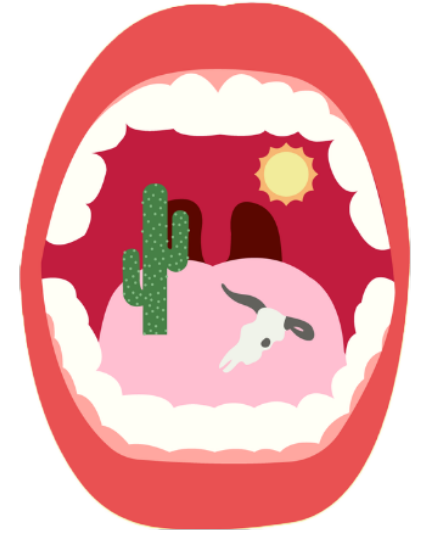




# What is Dry Mouth?

Also called xerostomia, dry mouth occurs when the salivary glands don't produce enough saliva to keep your mouth wet.

Saliva is essential, as it prevents tooth decay, enhances sense of taste and aids in swallowing and healthy digestion. A dry mouth can contribute to poor overall health.



## Treating Dry Mouth:



Use sugar-free gum or hard candies.



Ice chips can help moisten your mouth throughout the day.



Use a humidifier in your bedroom while sleeping.



Practice breathing through your nose and not your mouth.



Avoid caffeine, alcohol, tobacco, over-the-counter antihistamines and decongestants, plus sugary and acidic foods or drinks.

# Relieve Dry Mouth:

## Dentist-Recommended Solutions!

Discover dentist-recommended solutions for relieving dry mouth symptoms, available at popular retailers such as Walmart, Amazon, Kroger, and more.



**ACT Dry Mouth**

Anticavity Fluoride Mouthwash or Lozenges

**Biotene Moisturizing Dry Mouth**

Oral Rinse Mouthwash or Moisturizing Gel